



## Centre Branch YMCA | December 15th - December 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Active</b> <a href="#">Drop-in Program</a>	8:15AM-9:15AM (Cardio)	12:00PM-1:00PM (Cardio)  5:30PM-6:30PM (Cardio)	9:30AM-10:30AM (Cardio)	5:30PM-6:30PM (Cardio)	9:30AM-10:30AM (Cardio)	9:30AM-10:30AM (Cardio)	
<b>Cycle</b> <a href="#">Drop-in Program</a>	9:30AM-10:30AM (Cardio)	5:45PM-6:45PM (Cardio)	9:30AM-10:30AM (Cardio)		9:30AM-10:30AM (Cardio)		9:30AM-10:30AM (Cardio)
<b>Yoga</b> <a href="#">Drop-in Program</a>	9:30AM-10:30AM (Low Impact)	10:45AM-11:45AM (Low Impact)		10:45AM-11:45AM (Low Impact)  7:00PM-8:00PM (Low Impact)			9:30AM-10:30AM (Low Impact)
<b>Aquafit</b> <a href="#">Drop-in Program</a>	10:00AM-10:45AM (Aquatic Fitness)  12:00PM-12:45PM (Aquatic Fitness)	10:00AM-10:45AM (Aquatic Fitness)					
<b>Group Power</b> <a href="#">Drop-in Program</a>	12:00PM-1:00PM (Strength and Endurance)  5:30PM-6:30PM (Strength and Endurance)	9:30AM-10:30AM (Strength and Endurance)	12:00PM-1:00PM (Strength and Endurance)  5:30PM-6:30PM (Strength and Endurance)	9:30AM-10:30AM (Strength and Endurance)			
<b>Pickleball</b> <a href="#">Drop-in Program</a>	1:00PM-2:30PM (Cardio)		1:00PM-2:30PM (Cardio)				
<b>Drop In Squash</b> <a href="#">Drop-in Program</a>		7:00PM-8:45PM (Cardio)  7:00PM-8:45PM (Cardio)					
<b>Yin Yoga</b> <a href="#">Drop-in Program</a>		7:00PM-8:00PM (Low Impact)					
<b>Baby and me fitness</b> <a href="#">Drop-in Program</a>			11:00AM-12:00PM (Cardio)				
<b>Chair Yoga</b> <a href="#">Drop-in Program</a>				9:30AM-10:30AM (Low Impact)			

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<b>Group Centergy</b> <a href="#">Drop-in Program</a>					10:45AM-11:45AM (Low Impact)		
<b>Total Body Conditioning</b> <a href="#">Drop-in Program</a>					12:00PM-1:00PM (Strength and Endurance)		