



Centre Branch YMCA | June 9th - June 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Drop-in Program	9:30AM-10:30AM (Cardio)		9:30AM-10:30AM (Cardio)		9:30AM-10:30AM (Cardio)		
Yoga Drop-in Program	9:30AM-10:30AM (Low Impact)	10:45AM-11:45AM (Low Impact) 7:00PM-8:00PM (Low Impact)	10:45AM-11:45AM (Low Impact)	10:45AM-11:45AM (Low Impact) 7:00PM-8:00PM (Low Impact)			
AquaFit Drop-in Program	10:00AM-10:45AM (Aquatic Fitness)	9:30AM-10:15AM (Aquatic Fitness) 12:00PM-12:45PM (Aquatic Fitness)	12:00PM-12:45PM (Aquatic Fitness) 7:00PM-7:45PM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness) 5:30PM-6:15PM (Aquatic Fitness)	10:00AM-10:45AM (Aquatic Fitness)		10:00AM-10:45AM (Aquatic Fitness)
Meditation Drop-in Program	10:45AM-11:30AM (Low Impact)						
Group Power Drop-in Program	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)			
Pickleball Drop-in Program	1:00PM-2:30PM (Cardio)		1:00PM-2:30PM (Cardio)				
Boot Camp Drop-in Program		12:00PM-1:00PM (Strength and Endurance)					
Gentle AquaFit Drop-in Program		4:00PM-4:45PM (Low Impact)					
Group Active Drop-in Program		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)	
Drop In Squash Drop-in Program		7:00PM-8:45PM (Cardio) 7:00PM-8:45PM (Cardio)					
Water Walking Drop-in Program			11:15AM-11:45AM (Aquatic Fitness)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chair Yoga Drop-in Program				9:30AM-10:30AM (Low Impact)			
Group Centergy Drop-in Program					10:45AM-11:45AM (Low Impact)		
Tri Club Bike Plus Drop-in Program						8:15AM-10:00AM (Cardio)	
Run Club Drop-in Program							10:00AM-11:00AM (Learn to Run)