



## Centre Branch YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> <a href="#">Drop-in Program</a>	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)  7:00PM-8:00PM (Low Impact)	10:45AM-11:45AM (Low Impact)	10:45AM-11:45AM (Low Impact)  7:00PM-8:00PM (Low Impact)			
<b>Aquafit</b> <a href="#">Drop-in Program</a>	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)
<b>Meditation</b> <a href="#">Drop-in Program</a>	10:45AM-11:30AM (Low Impact)						
<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>Boot Camp</b> <a href="#">Drop-in Program</a>		12:00PM-1:00PM (Strength and Endurance)					
<b>Aquafit - Strength, Tone, and Balance</b> <a href="#">Drop-in Program</a>		4:00PM-4:45PM (Low Impact)					
<b>Group Active</b> <a href="#">Drop-in Program</a>		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>Drop In Squash</b> <a href="#">Drop-in Program</a>		7:00PM-8:45PM (Cardio)  7:00PM-8:45PM (Cardio)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Water Walking</b> <a href="#">Drop-in Program</a>			11:15AM-11:45AM (Aquatic Fitness)				
<b>Chair Yoga</b> <a href="#">Drop-in Program</a>				9:30AM-10:30AM (Low Impact)			
<b>Group Centergy</b> <a href="#">Drop-in Program</a>					10:45AM-11:45AM (Low Impact)		
<b>Tri Club Bike Plus</b> <a href="#">Drop-in Program</a>						8:15AM-10:00AM (Cardio)	
<b>Run Club</b> <a href="#">Drop-in Program</a>							10:00AM-11:00AM (Learn to Run)