



Centre Branch YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Power Drop-in Program		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)		10:45AM-11:45AM (Strength and Endurance)	
Gentle Joints Drop-in Program		10:00AM-10:45AM (Aquatic Fitness)		10:00AM-10:45AM (Aquatic Fitness)			
Yoga Drop-in Program		10:45AM-11:45AM (Low Impact) 7:00PM-8:00PM (Low Impact)		10:45AM-11:45AM (Low Impact) 7:00PM-8:00PM (Low Impact)			9:30AM-10:30AM (Low Impact)
Group Active Drop-in Program		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)	
Cycle Drop-in Program		5:45PM-6:45PM (Cardio)	9:30AM-10:30AM (Cardio)		9:30AM-10:30AM (Cardio)		
Water Walking Drop-in Program			11:00AM-11:45AM (Aquatic Fitness)				
Aquafit Drop-in Program			12:00PM-12:45PM (Aquatic Fitness) 7:00PM-7:45PM (Aquatic Fitness)	5:30PM-6:15PM (Aquatic Fitness)	10:00AM-10:45AM (Aquatic Fitness)		10:00AM-10:45AM (Aquatic Fitness)
Chair Yoga Drop-in Program				9:30AM-10:30AM (Low Impact)			
Group Centergy Drop-in Program					10:45AM-11:45AM (Low Impact)		
Total Body Conditioning Drop-in Program					12:00PM-1:00PM (Strength and Endurance)		
Run Club Drop-in Program							10:00AM-11:00AM (Learn to Run)

