



Chatham-Kent YMCA | December 5th - December 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit Drop-in Program	9:00AM-9:45AM (Adult Group Fitness (13+)) 11:00AM-11:45AM (Adult Group Fitness (13+))	9:00AM-9:45AM (Adult Group Fitness (13+)) 11:00AM-11:45AM (Adult Group Fitness (13+)) 6:45PM-7:30PM (Adult Group Fitness (13+))	9:00AM-9:45AM (Adult Group Fitness (13+)) 11:00AM-11:45AM (Adult Group Fitness (13+))	9:00AM-9:45AM (Adult Group Fitness (13+)) 11:00AM-11:45AM (Adult Group Fitness (13+)) 6:45PM-7:30PM (Adult Group Fitness (13+))	9:00AM-9:45AM (Adult Group Fitness (13+)) 11:00AM-11:45AM (Adult Group Fitness (13+))	9:00AM-9:45AM (Adult Group Fitness (13+))	
Group Core Drop-in Program	9:30AM-10:00AM (Adult Group Fitness (13+))						
Cycle Drop-in Program	10:00AM-10:30AM (Adult Group Fitness (13+))					8:15AM-9:15AM (Adult Group Fitness (13+))	
Essentrics Drop-in Program	12:00PM-1:00PM (Adult Group Fitness (13+))				9:30AM-10:30AM (Adult Group Fitness (13+))		
Cardio Dance Drop-in Program	1:10PM-1:55PM (Adult Group Fitness (13+))						
Group Centergy Drop-in Program	5:15PM-6:15PM (Adult Group Fitness (13+))		9:30AM-10:30AM (Adult Group Fitness (13+))				
Turf Time Drop-in Program	5:30PM-6:15PM (Adult Group Fitness (13+))	6:30PM-7:15PM (Adult Group Fitness (13+))	5:30PM-6:15PM (Adult Group Fitness (13+))	6:30PM-7:15PM (Adult Group Fitness (13+))	12:10PM-12:55PM (Adult Group Fitness (13+))	12:00PM-12:45PM (Adult Group Fitness (13+))	11:00AM-11:45AM (Adult Group Fitness (13+))
Group Power Drop-in Program	6:30PM-7:30PM (Adult Group Fitness (13+))	9:30AM-10:30AM (Adult Group Fitness (13+))	6:30PM-7:30PM (Adult Group Fitness (13+))	5:15PM-6:15PM (Adult Group Fitness (13+))		9:30AM-10:30AM (Adult Group Fitness (13+))	
Total Body Conditioning Drop-in Program		12:10PM-12:55PM (Adult Group Fitness (13+))		12:10PM-12:55PM (Adult Group Fitness (13+))			
Group Fight Drop-in Program		5:15PM-6:15PM (Adult Group Fitness (13+))				8:30AM-9:30AM (Adult Group Fitness (13+))	
Cycle and Core Drop-in Program			12:10PM-12:55PM (Adult Group Fitness (13+))				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Drop-in Program			5:15PM-6:15PM (Adult Group Fitness (13+))		10:30AM-11:30AM (Adult Group Fitness (13+))		
Youth Fitness (10+) Drop-in Program			6:30PM-7:30PM (Adult Group Fitness (13+))		6:30PM-7:30PM (Adult Group Fitness (13+))		
Strength and Stretch Drop-in Program				9:30AM-10:30AM (Adult Group Fitness (13+))			
Gentle Yoga Drop-in Program				1:10PM-1:55PM (Adult Group Fitness (13+))			
Yoga Drop-in Program						10:45AM-11:45AM (Adult Group Fitness (13+))	