



## Chatham-Kent YMCA | September 15th - September 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AquaFit</b> <a href="#">Drop-in Program</a>	9:00AM-9:45AM (Aquatic Fitness)  11:00AM-11:45AM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)  11:00AM-11:45AM (Aquatic Fitness)  6:45PM-7:30PM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)  11:00AM-11:45AM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)  11:00AM-11:45AM (Aquatic Fitness)  6:45PM-7:30PM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)  11:00AM-11:45AM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)	
<b>Group Core</b> <a href="#">Drop-in Program</a>	9:30AM-10:00AM (Strength and Endurance)						
<b>Chairfit</b> <a href="#">Drop-in Program</a>	10:00AM-10:45AM (Low Impact)			10:00AM-10:45AM (Low Impact)			
<b>Group Groove</b> <a href="#">Drop-in Program</a>	12:00PM-1:00PM (Cardio)						
<b>TRX</b> <a href="#">Drop-in Program</a>	1:00PM-1:45PM (Strength and Endurance)				9:30AM-10:30AM (Strength and Endurance)		
<b>Group Active</b> <a href="#">Drop-in Program</a>	5:15PM-6:15PM (Cardio)						
<b>Group Power</b> <a href="#">Drop-in Program</a>	6:30PM-7:30PM (Strength and Endurance)	9:30AM-10:30AM (Strength and Endurance)		9:30AM-10:30AM (Strength and Endurance)  6:30PM-7:30PM (Strength and Endurance)		9:30AM-10:30AM (Strength and Endurance)	
<b>Chair Yoga</b> <a href="#">Drop-in Program</a>		10:00AM-10:45AM (Low Impact)					
<b>Power Yoga</b> <a href="#">Drop-in Program</a>		10:30AM-11:30AM (Low Impact)					
<b>Total Body Conditioning</b> <a href="#">Drop-in Program</a>		12:10PM-12:55PM (Strength and Endurance)		12:10PM-12:55PM (Strength and Endurance)			
<b>Pickleball</b> <a href="#">Drop-in Program</a>		1:00PM-3:00PM (Cardio)		1:00PM-3:00PM (Cardio)			9:15AM-11:00AM (Cardio)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Fight</b> <a href="#">Drop-in Program</a>		5:15PM-6:15PM (Cardio)					
<b>Learn to Run</b> <a href="#">Sign Up</a>		5:45PM-6:45PM (Learn to Run)					
<b>Cycle</b> <a href="#">Drop-in Program</a>		6:30PM-7:30PM (Cardio)	12:15PM-12:45PM (Cardio)			8:15AM-9:15AM (Cardio)	
<b>Group Centergy</b> <a href="#">Drop-in Program</a>			9:30AM-10:30AM (Low Impact)			10:30AM-11:30AM (Low Impact)	
<b>Zumba</b> <a href="#">Drop-in Program</a>			5:15PM-6:15PM (Cardio)				
<b>Turf Time</b> <a href="#">Drop-in Program</a>			6:30PM-7:15PM (Strength and Endurance)		6:30PM-7:15PM (Strength and Endurance)	10:30AM-11:15AM (Strength and Endurance)	9:30AM-10:15AM (Strength and Endurance)
<b>Gentle Yoga</b> <a href="#">Drop-in Program</a>				7:30AM-8:45AM (Low Impact)  1:00PM-1:45PM (Low Impact)			
<b>Group Blast</b> <a href="#">Drop-in Program</a>				5:15PM-6:15PM (Cardio)			