

Chatham-Kent YMCA | October 27th - November 2nd

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Fight		5:15PM-6:15PM (Cardio)					
<u>Drop-in Program</u>		(Caraio)					
Learn to Run		5:45PM-6:45PM (Learn to Run)					
Sign Up							
Cycle		6:30PM-7:30PM (Cardio)	12:15PM-12:45PM (Cardio)			8:15AM-9:15AM (Cardio)	
<u>Drop-in Program</u>		(52.5.5)	(53.5.5)				
Group Centergy			9:30AM-10:30AM (Low Impact)			10:30AM-11:30AM (Low Impact)	
<u>Drop-in Program</u>			(Low Impact)			(Low Impace)	
Senior Wellness			10:00AM-10:45AM (Low Impact)				
Sign Up			(Low Impact)				
Zumba			5:15PM-6:15PM (Cardio)				
<u>Drop-in Program</u>			(Caraio)				
Turf Time			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)
<u>Drop-in Program</u>			(Strength and Endurance)		(Strength and Endurance)	(Strength and Endarance)	(Strength and Endurance)
Gentle Yoga				7:30AM-8:45AM (Low Impact)			
<u>Drop-in Program</u>				1:00PM-1:45PM			
				(Low Impact)			
Group Blast				5:15PM-6:15PM (Cardio)			
<u>Drop-in Program</u>							
Pilates					12:00PM-1:00PM (Low Impact)		
Sign Up					(20.1 mpace)		