



## Chatham-Kent YMCA | July 28th - August 3rd

	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)	11:00AM-11:45AM (Aquatic Fitness)  6:45PM-7:30PM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)  11:00AM-11:45AM (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)		
<b>Group Core</b> <a href="#">Drop-in Program</a>	9:00AM-9:30AM (Strength and Endurance)						
<b>Group Fight</b> <a href="#">Drop-in Program</a>	9:30AM-10:00AM (Cardio)	5:15PM-6:15PM (Cardio)					
<b>Chair Fit</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>Turf Time</b> <a href="#">Drop-in Program</a>	5:15PM-6:00PM (Strength and Endurance)		6:30PM-7:15PM (Strength and Endurance)			10:30AM-11:15AM (Strength and Endurance)	
<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>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>Cycle</b> <a href="#">Drop-in Program</a>		6:30PM-7:15PM (Cardio)	12:15PM-12:45PM (Cardio)				
<b>Yoga</b> <a href="#">Drop-in Program</a>		7:30PM-8:30PM (Low Impact)					
<b>Group Centergy</b> <a href="#">Drop-in Program</a>			9:30AM-10:30AM (Low Impact)				
<b>Cycle and Core</b> <a href="#">Drop-in Program</a>					9:30AM-10:30AM (Cardio)		

