



## Chatham-Kent YMCA | May 11th - May 17th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<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)	9:00AM-9:45AM (Aquatic Fitness)	
<b>Group Core</b> <a href="#">Drop-in Program</a>	9:30AM-10:00AM (Strength and Endurance)						
<b>R30</b> <a href="#">Drop-in Program</a>	10:00AM-10:30AM (Cardio)		12:15PM-12:45PM (Cardio)				
<b>Chairfit</b> <a href="#">Drop-in Program</a>	10:00AM-10:45AM (Low Impact)			10:00AM-10:45AM (Low Impact)			
<b>Cardio Dance</b> <a href="#">Drop-in Program</a>	12:10PM-12:55PM (Cardio)						
<b>TRX</b> <a href="#">Drop-in Program</a>	1:10PM-1:55PM (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)			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>Gentle Joints</b> <a href="#">Drop-in Program</a>		9:00AM-9:45AM (Aquatic Fitness)		9:00AM-9:45AM (Aquatic Fitness)			
<b>Chair Yoga</b> <a href="#">Drop-in Program</a>		10:00AM-10:45AM (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>Group Fight</b> <a href="#">Drop-in Program</a>		5:15PM-6:15PM (Cardio)					

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<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-7:30PM (Strength and Endurance)		5:15PM-6:15PM (Strength and Endurance)		
<b>Hip, back and beyond Mobility</b> <a href="#">Sign Up</a>				7:45PM-8:15PM (Low Impact)			
<b>Pilates</b> <a href="#">Drop-in Program</a>					12:00PM-1:00PM (Low Impact)		