



Chatham-Kent YMCA | January 12th - January 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AquaFit Drop-in Program	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)	
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)			
R30 Drop-in Program	10:00AM-10:30AM (Cardio)		12:15PM-12:45PM (Cardio)				
Cardio Dance Drop-in Program	12:00PM-12:45PM (Cardio)						
TRX Drop-in Program	1:00PM-2:00PM (Strength and Endurance)				9:30AM-10:30AM (Strength and Endurance)		
Group Active Drop-in Program	5:15PM-6:15PM (Cardio)			5:15PM-6:15PM (Cardio)			
Group Power Drop-in Program	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)	
Gentle Joints Drop-in Program		9:00AM-9:45AM (Aquatic Fitness)		9:00AM-9:45AM (Aquatic Fitness)			
Chair Yoga Drop-in Program		10:00AM-10:45AM (Low Impact)					
Yoga Drop-in Program		10:30AM-11:30AM (Low Impact)					
Total Body Conditioning Drop-in Program		12:10PM-12:55PM (Strength and Endurance)		12:10PM-12:55PM (Strength and Endurance)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Fight Drop-in Program		5:15PM-6:15PM (Cardio)					
Cycle Drop-in Program		6:30PM-7:30PM (Cardio)					
Group Centergy Drop-in Program			9:30AM-10:30AM (Low Impact)				
Senior Wellness Drop-in Program			10:00AM-10:45AM (Low Impact)				
Essentrics Drop-in Program			11:00AM-12:00PM (Low Impact)				
Zumba Drop-in Program			5:15PM-6:15PM (Cardio)				
Turf Time Drop-in Program			6:30PM-7:30PM (Strength and Endurance)		5:15PM-6:00PM (Strength and Endurance)		9:30AM-10:30AM (Strength and Endurance)
Gentle Yoga Drop-in Program				1:00PM-1:45PM (Low Impact)			
Pilates Drop-in Program					12:00PM-1:00PM (Low Impact)		
Group Groove Drop-in Program					6:30PM-7:30PM (Cardio)		