

East Lambton YMCA | April 22nd - April 28th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Light and Lively					10:00AM-11:00AM (Low Impact)		
<u>Drop-in Program</u>							
Yoga					6:00PM-7:00PM (Low Impact)		
<u>Drop-in Program</u>					(2011 paset)		