



East Lambton YMCA | March 4th - March 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Restorative Yoga Drop-in Program	10:00AM-11:00AM (Low Impact)						
Barbell Fit Drop-in Program	5:45PM-6:45PM (Strength and Endurance)						
Yoga Drop-in Program		6:00PM-7:00PM (Low Impact)			6:00PM-7:00PM (Low Impact)		
Light and Lively Drop-in Program			10:00AM-11:00AM (Low Impact)		10:00AM-11:00AM (Low Impact)		
Turf Time Drop-in Program			6:00PM-7:00PM (Cardio)				