



East Lambton YMCA | August 18th - August 24th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------------------------------|--|---|---|---------------------------------|----------|--------|
| Restorative Yoga Drop-in Program | 10:00AM-11:00AM (Low Impact) | | | | | | |
| Strength and Stretch Drop-in Program | | 9:00AM-10:00AM (Strength and Endurance) | | 6:00PM-7:00PM (Strength and Endurance) | | | |
| Baby and me fitness Sign Up | | 10:00AM-11:00AM (Cardio) | | | | | |
| Yoga Drop-in Program | | 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 (Strength and Endurance) | | | | |
| Pilates Drop-in Program | | | | | 11:00AM-12:00PM (Low Impact) | | |