

East Lambton YMCA | November 17th - November 23rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga	6:00PM-7:00PM (Low Impact)						
<u>Drop-in Program</u>							
Strength and Stretch		9:00AM-10:00AM (Strength and Endurance)					
<u>Drop-in Program</u>		(c. c. g. a. a. a. a. a. a. a. a. a.					
Restorative Yoga		10:00AM-11:00AM (Low Impact)					
<u>Drop-in Program</u>		(2011 III) pacety					
Light and Lively			10:00AM-11:00AM (Low Impact)		10:00AM-11:00AM (Low Impact)		
<u>Drop-in Program</u>			(Low impact)		(Low impact)		
Turf Time			6:00PM-7:00PM (Strength and Endurance)				
<u>Drop-in Program</u>			(Strength and Endarance)				
Pilates			6:00PM-7:00PM (Low Impact)		9:00AM-10:00AM (Low Impact)		
<u>Drop-in Program</u>			(Low impact)		(Low impact)		
Baby and me fitness				10:00AM-11:00AM (Cardio)			
Sign Up				(Caraio)			