



East Lambton YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Restorative Yoga Drop-in Program	10:00AM-11:00AM (Low Impact)						
Learn to Run Sign Up	5:00PM-6:00PM (Learn to Run)			5:00PM-6:00PM (Learn to Run)			
Strength and Stretch Drop-in Program		7:00AM-7:45AM (Strength and Endurance)					
Baby and me fitness Sign Up		11:00AM-12:00PM (Cardio)					
Yoga Drop-in Program		6:00PM-7:00PM (Low Impact)					
Pilates Drop-in Program		7:00PM-8:00PM (Low Impact)			11:00AM-12:00PM (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)				
Strength & Stretch Drop-in Program				6:00PM-7:00PM (Strength and Endurance)			