



## East Lambton YMCA | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Restorative Yoga</b> <a href="#">Drop-in Program</a>	10:00AM-11:00AM (Low Impact)						
<b>Light and Lively</b> <a href="#">Drop-in Program</a>			10:00AM-11:00AM (Low Impact)		10:00AM-11:00AM (Low Impact)		
<b>Turf Time</b> <a href="#">Drop-in Program</a>			6:00PM-7:00PM (Strength and Endurance)				
<b>Strength and Stretch</b> <a href="#">Drop-in Program</a>				6:00PM-7:00PM (Strength and Endurance)			
<b>Pilates</b> <a href="#">Drop-in Program</a>					11:00AM-12:00PM (Low Impact)		