



East Lambton YMCA | January 12th - January 18th

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