



Family YMCA of St.Thomas-Elgin | April 15th - April 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Active Drop-in Program	8:15AM-9:15AM (Cardio)	8:15AM-9:15AM (Cardio) 6:45PM-7:45PM (Cardio)	8:15AM-9:15AM (Cardio)	6:05AM-7:00AM (Cardio)	8:15AM-9:15AM (Cardio)		
Aquafit Drop-in Program	8:30AM-9:15AM (Aquatic Fitness) 4:30PM-5:15PM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness) 11:15AM-12:00PM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness) 4:30PM-5:15PM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness) 11:15AM-12:00PM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness)	
Group Power Drop-in Program	9:30AM-10:30AM (Strength and Endurance)	6:05AM-7:00AM (Strength and Endurance) 5:30PM-6:30PM (Strength and Endurance)		5:30PM-6:30PM (Strength and Endurance)	6:05AM-7:00AM (Strength and Endurance) 9:30AM-10:30AM (Strength and Endurance)		8:15AM-9:15AM (Strength and Endurance)
Strength and Stretch Drop-in Program	9:30AM-10:15AM (Low Impact)		9:30AM-10:15AM (Low Impact)	9:30AM-10:15AM (Low Impact)	9:30AM-10:15AM (Low Impact)		
Yoga Drop-in Program	10:30AM-11:30AM (Low Impact)			7:00PM-8:00PM (Low Impact)	10:45AM-11:45AM (Low Impact)		
Group Blast Drop-in Program	5:30PM-6:30PM (Cardio)		5:30PM-6:30PM (Cardio)			8:15AM-9:15AM (Cardio)	
Group Centergy Drop-in Program	6:45PM-7:45PM (Low Impact)	9:30AM-10:30AM (Low Impact)	6:45PM-7:45PM (Low Impact)				9:30AM-10:30AM (Low Impact)
Gentle Yoga Drop-in Program		9:30AM-10:30AM (Low Impact)	10:30AM-11:30AM (Low Impact)				
Tai Chi Drop-in Program		10:45AM-11:30AM (Low Impact)					
TRX Drop-in Program		4:30PM-5:00PM (Strength and Endurance)					
Cycle Drop-in Program		5:00PM-6:00PM (Cardio)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core Drop-in Program		5:00PM-5:30PM (Strength and Endurance)				9:30AM-10:00AM (Strength and Endurance)	
Suspension Training Drop-in Program						10:00AM-10:30AM (Strength and Endurance)	