



Family YMCA of St.Thomas-Elgin | September 26th - October 2nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Core Drop-in Program	6:05AM-6:35AM (Adult Group Fitness (13+))	6:15PM-6:45PM (Adult Group Fitness (13+))				9:30AM-10:00AM (Adult Group Fitness (13+))	
Group Active Drop-in Program	8:15AM-9:15AM (Adult Group Fitness (13+))	6:45PM-7:45PM (Adult Group Fitness (13+))	8:15AM-9:15AM (Adult Group Fitness (13+))	6:45PM-7:45PM (Adult Group Fitness (13+))	8:15AM-9:15AM (Adult Group Fitness (13+))		
Aquafit Drop-in Program	8:30AM-9:15AM (Adult Group Fitness (13+)) 4:30PM-5:15PM (Adult Group Fitness (13+))	8:30AM-9:15AM (Adult Group Fitness (13+)) 11:15AM-12:00PM (Adult Group Fitness (13+))	8:30AM-9:15AM (Adult Group Fitness (13+))	8:30AM-9:15AM (Adult Group Fitness (13+)) 11:15AM-12:00PM (Adult Group Fitness (13+))	8:30AM-9:15AM (Adult Group Fitness (13+))	8:30AM-9:15AM (Adult Group Fitness (13+))	
Chairfit Drop-in Program	9:30AM-10:15AM (Adult Group Fitness (13+))		9:30AM-10:15AM (Adult Group Fitness (13+))				
Group Power Drop-in Program	9:30AM-10:30AM (Adult Group Fitness (13+))	5:15PM-6:15PM (Adult Group Fitness (13+))	9:30AM-10:30AM (Adult Group Fitness (13+)) 4:00PM-5:00PM (Adult Group Fitness (13+))	5:15PM-6:15PM (Adult Group Fitness (13+))	9:30AM-10:30AM (Adult Group Fitness (13+))		8:15AM-9:15AM (Adult Group Fitness (13+))
Gentle Yoga Drop-in Program	10:30AM-11:30AM (Adult Group Fitness (13+))		10:30AM-11:30AM (Adult Group Fitness (13+))				
Kettlebell Drop-in Program	5:15PM-6:15PM (Adult Group Fitness (13+))						
Group Blast Drop-in Program	5:30PM-6:30PM (Adult Group Fitness (13+))	9:30AM-10:30AM (Adult Group Fitness (13+))	5:30PM-6:30PM (Adult Group Fitness (13+))	9:30AM-10:30AM (Adult Group Fitness (13+))		8:15AM-9:15AM (Adult Group Fitness (13+))	
Group Centergy Drop-in Program	6:45PM-7:45PM (Adult Group Fitness (13+))	10:30AM-11:30AM (Adult Group Fitness (13+))	6:45PM-7:45PM (Adult Group Fitness (13+))		9:30AM-10:30AM (Adult Group Fitness (13+))		9:30AM-10:30AM (Adult Group Fitness (13+))

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength and Stretch Drop-in Program		8:15AM-9:00AM (Adult Group Fitness (13+))		9:30AM-10:30AM (Adult Group Fitness (13+))			
Yoga Sign Up		9:30AM-10:30AM (Adult Group Fitness (13+))		10:30AM-11:30AM (Adult Group Fitness (13+))			
Cycle Drop-in Program		6:45PM-7:45PM (Adult Group Fitness (13+))		6:45PM-7:45PM (Adult Group Fitness (13+))			
TRX Drop-in Program			6:05AM-6:35AM (Adult Group Fitness (13+))				
Pickleball Drop-in Program			12:00PM-2:00PM (Adult Group Fitness (13+))				
Rumba Drop-in Program					6:30PM-7:30PM (Adult Group Fitness (13+))		
Suspension Training Drop-in Program						10:00AM-10:30AM (Adult Group Fitness (13+))	