



## Family YMCA of St.Thomas-Elgin | October 6th - October 12th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Active</b> <a href="#">Drop-in Program</a>	6:05AM-7:05AM (Cardio)	6:30PM-7:30PM (Cardio)	6:05AM-7:05AM (Cardio)	6:30PM-7:30PM (Cardio)	9:30AM-10:30AM (Cardio)		
<b>Pickleball</b> <a href="#">Drop-in Program</a>	7:00AM-8:00AM (Cardio)  12:00PM-2:00PM (Cardio)	7:00AM-8:00AM (Cardio)  12:00PM-2:00PM (Cardio)	7:00AM-8:00AM (Cardio)  12:00PM-2:00PM (Cardio)	7:00AM-8:00AM (Cardio)  12:00PM-2:00PM (Cardio)	7:00AM-8:00AM (Cardio)  12:00PM-2:00PM (Cardio)	8:00AM-9:30AM (Cardio)	8:00AM-9:30AM (Cardio)
<b>AquaFit</b> <a href="#">Drop-in Program</a>	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)  7:00PM-7:45PM (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)	
<b>Group Fight</b> <a href="#">Drop-in Program</a>	8:30AM-9:30AM (Cardio)						
<b>Chairfit</b> <a href="#">Drop-in Program</a>	9:30AM-10:15AM (Low Impact)		9:30AM-10:15AM (Low Impact)		9:30AM-10:15AM (Low Impact)		
<b>Group Power</b> <a href="#">Drop-in Program</a>	9:30AM-10:30AM (Strength and Endurance)	6:05AM-7:05AM (Strength and Endurance)  5:30PM-6:30PM (Strength and Endurance)	9:30AM-10:30AM (Strength and Endurance)	5:30PM-6:30PM (Strength and Endurance)	6:05AM-7:05AM (Strength and Endurance)		
<b>Yoga</b> <a href="#">Drop-in Program</a>	10:30AM-11:30AM (Low Impact)	9:30AM-10:30AM (Low Impact)  6:30PM-7:30PM (Low Impact)		10:30AM-11:30AM (Low Impact)  7:00PM-8:00PM (Low Impact)			
<b>Group Groove</b> <a href="#">Drop-in Program</a>	5:30PM-6:00PM (Cardio)				8:30AM-9:30AM (Cardio)		
<b>Group Core</b> <a href="#">Drop-in Program</a>	6:00PM-6:30PM (Strength and Endurance)	8:30AM-9:00AM (Strength and Endurance)				9:30AM-10:00AM (Strength and Endurance)	
<b>Group Centergy</b> <a href="#">Drop-in Program</a>	6:30PM-7:30PM (Low Impact)	9:30AM-10:30AM (Low Impact)	6:30PM-7:30PM (Low Impact)				9:30AM-10:30AM (Low Impact)
<b>AquaFit Deep</b> <a href="#">Drop-in Program</a>	7:00PM-7:45PM (Aquatic Fitness)		4:30PM-5:15PM (Aquatic Fitness)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Youth Fitness (10-12)</b> <a href="#">Drop-in Program</a>	7:00PM-8:00PM (Strength and Endurance)						
<b>TRX</b> <a href="#">Drop-in Program</a>		9:00AM-9:30AM (Strength and Endurance)				10:00AM-10:30AM (Strength and Endurance)	
<b>Cycle and Sculpt</b> <a href="#">Drop-in Program</a>		5:30PM-6:15PM (Cardio)					
<b>Kickboxing</b> <a href="#">Drop-in Program</a>			8:30AM-9:30AM (Cardio)				
<b>Kettlebell</b> <a href="#">Drop-in Program</a>			5:15PM-6:00PM (Strength and Endurance)				
<b>Group Blast</b> <a href="#">Drop-in Program</a>			5:30PM-6:30PM (Cardio)	6:05AM-7:05AM (Cardio)		8:30AM-9:30AM (Cardio)	
<b>Walking for Health</b> <a href="#">Drop-in Program</a>				8:30AM-9:30AM (Cardio)			
<b>Cycle</b> <a href="#">Drop-in Program</a>				9:00AM-9:45AM (Cardio)			
<b>Strength and Stretch</b> <a href="#">Drop-in Program</a>				9:30AM-10:15AM (Strength and Endurance)			
<b>Chair Yoga</b> <a href="#">Drop-in Program</a>				10:30AM-11:15AM (Low Impact)	10:30AM-11:15AM (Low Impact)		
<b>Pilates</b> <a href="#">Drop-in Program</a>				5:00PM-5:45PM (Low Impact)			
<b>Aqua Yoga</b> <a href="#">Drop-in Program</a>					12:00PM-12:45PM (Aquatic Fitness)		
<b>Paddleboard Yoga</b> <a href="#">Sign Up</a>					5:00PM-6:00PM (Aquatic Fitness)		