



Family YMCA of St.Thomas-Elgin | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Active Drop-in Program	6:05AM-7:05AM (Cardio)	6:45PM-7:45PM (Cardio)	6:05AM-7:05AM (Cardio)	6:45PM-7:45PM (Cardio)	9:30AM-10:30AM (Cardio)		
Pickleball Drop-in Program	7:00AM-8:00AM (Cardio)	7:00AM-8:00AM (Cardio)	7:00AM-8:00AM (Cardio)	7:00AM-8:00AM (Cardio)	7:00AM-8:00AM (Cardio)		
Aquafit Drop-in Program	8:30AM-9:15AM (Aquatic Fitness) 4:00PM-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)	
Group Power Drop-in Program	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)			
Chairfit Drop-in Program	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)	9:30AM-10:30AM (Low Impact)		7:00PM-8:00PM (Low Impact)			
Group Blast Drop-in Program	5:30PM-6:30PM (Cardio)			6:05AM-7:05AM (Cardio)		8:15AM-9:15AM (Cardio)	
Aquafit Deep Drop-in Program	7:00PM-7:45PM (Aquatic Fitness)						
Group Centergy Drop-in Program		9:30AM-10:30AM (Low Impact)	6:30PM-7:30PM (Low Impact)				9:30AM-10:30AM (Low Impact)
Chair Yoga Drop-in Program			10:30AM-11:15AM (Low Impact)				
Kettlebell Drop-in Program			5:15PM-6:00PM (Strength and Endurance)				
Group Groove Drop-in Program			5:30PM-6:30PM (Cardio)		8:15AM-9:15AM (Cardio)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Drop-in Program				9:00AM-9:45AM (Cardio)			
Yin Yoga Drop-in Program				10:30AM-11:30AM (Low Impact)			
Group Core Drop-in Program						9:30AM-10:00AM (Strength and Endurance)	
TRX Drop-in Program						10:00AM-10:30AM (Strength and Endurance)	