



Family YMCA of St.Thomas-Elgin | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Active Drop-in Program	6:05AM-7:05AM (Cardio) 8:15AM-9:15AM (Cardio)	6:45PM-7:45PM (Cardio)	8:15AM-9:15AM (Cardio)	5:30PM-6:30PM (Cardio)	8:15AM-9:15AM (Cardio)		
Pickleball Drop-in Program	7:00AM-8:00AM (Cardio) 12:00PM-2:00PM (Cardio)	7:00AM-8:00AM (Cardio)	7:00AM-8:00AM (Cardio) 12:00PM-2:00PM (Cardio)	7:00AM-8:00AM (Cardio)	7:00AM-8:00AM (Cardio) 12:00PM-2:00PM (Cardio)		
Learn to Run Drop-in Program	7:15AM-8:00AM (Learn to Run)		5:45PM-6:30PM (Learn to Run)				
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) 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)		6:05AM-7:05AM (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)		10:00AM-11:00AM (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)	
Group Centergy Drop-in Program	6:30PM-7:30PM (Low Impact)	9:30AM-10:30AM (Low Impact)	6:30PM-7:30PM (Low Impact)				9:30AM-10:30AM (Low Impact)
Aquafit Deep Drop-in Program	7:00PM-7:45PM (Aquatic Fitness)		4:30PM-5:15PM (Aquatic Fitness)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Fight Drop-in Program		8:15AM-9:15AM (Cardio)					
TRX Drop-in Program		4:30PM-5:00PM (Strength and Endurance)				10:00AM-10:30AM (Strength and Endurance)	
Group Core Drop-in Program		5:00PM-5:30PM (Strength and Endurance)				9:30AM-10:00AM (Strength and Endurance)	
Youth Fitness (10-12) Drop-in Program		6:30PM-7:30PM (Strength and Endurance)					
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)		9:30AM-10:30AM (Cardio)		
Cycle Drop-in Program				9:00AM-9:45AM (Cardio)			
Strength and Stretch Drop-in Program				9:30AM-10:15AM (Strength and Endurance)			
Pilates Drop-in Program				6:00PM-6:45PM (Low Impact)			
Yin Yoga Drop-in Program					10:30AM-11:30AM (Low Impact)		
Aqua Yoga Drop-in Program					12:00PM-12:45PM (Aquatic Fitness)		
Tai Chi Drop-in Program					5:30PM-6:15PM (Low Impact)		