

Family YMCA of St.Thomas-Elgin | November 17th - November 23rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Active Drop-in Program	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)		
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)	8:00AM-9:30AM (Cardio)	8:00AM-9:30AM (Cardio)
	12:00PM-2:00PM (Cardio)	12:00PM-2:00PM (Cardio)	12:00PM-2:00PM (Cardio)	12:00PM-2:00PM (Cardio)	12:00PM-2:00PM (Cardio)		
Aquafit	8:30AM-9:15AM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness)	
<u>Drop-in Program</u>	4:30PM-5:15PM (Aquatic Fitness)	11:15AM-12:00PM (Aquatic Fitness)	7:00PM-7:45PM (Aquatic Fitness)	11:15AM-12:00PM (Aquatic Fitness)			
Group Fight Drop-in Program	8:30AM-9:30AM (Cardio)						
Chairfit Drop-in Program	9:30AM-10:15AM (Low Impact)		9:30AM-10:15AM (Low Impact)		9:30AM-10:15AM (Low Impact)		
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)	6:05AM-7:05AM (Strength and Endurance)		
Yoga Drop-in Program	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)			
Group Groove Drop-in Program	5:30PM-6:00PM (Cardio)				8:30AM-9:30AM (Cardio)		
Group Core Drop-in Program	6:00PM-6:30PM (Strength and Endurance)	8:30AM-9:00AM (Strength and Endurance)				9:30AM-10:00AM (Strength and Endurance)	
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
TRX		9:00AM-9:30AM (Strength and Endurance)				10:00AM-10:30AM (Strength and Endurance)	
Prop-in Program		(Strength and Endurance)				(Strength and Endarance)	
ycle and Sculpt		5:30PM-6:15PM (Cardio)					
rop-in Program		(Cardio)					
ickboxing			8:30AM-9:30AM (Cardio)				
Prop-in Program			(Cararo)				
Kettlebell			5:15PM-6:00PM (Strength and Endurance)				
<u> Prop-in Program</u>			(Strength and Endarance)				
Group Blast			5:30PM-6:30PM (Cardio)	6:05AM-7:05AM (Cardio)		8:30AM-9:30AM (Cardio)	
<u> Prop-in Program</u>			(Caraio)	(Caraio)		(curulo)	
Valking for Health				8:30AM-9:30AM (Cardio)			
<u> Drop-in Program</u>				(Caraio)			
cycle				9:00AM-9:45AM (Cardio)			
<u> Drop-in Program</u>				(Caraio)			
itrength and Stretch				9:30AM-10:15AM (Strength and Endurance)			
<u> Prop-in Program</u>				(Strength and Endurance)			
hair Yoga				10:30AM-11:15AM (Low Impact)	10:30AM-11:15AM (Low Impact)		
Prop-in Program				(Low impact)	(Low impact)		
ilates				5:00PM-5:45PM (Low Impact)			
Prop-in Program				(Low impact)			
Aqua Yoga					12:00PM-12:45PM		
<u> Drop-in Program</u>					(Aquatic Fitness)		