



Goderich Huron YMCA | March 25th - March 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit Drop-in Program	9:00AM-9:45AM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)			
Group Active Drop-in Program		6:30AM-7:30AM (Cardio) 9:00AM-10:00AM (Cardio)		9:00AM-10:00AM (Cardio)			
Total Body Conditioning Drop-in Program		6:45AM-7:45AM (Strength and Endurance)		6:45AM-7:45AM (Strength and Endurance)			
Strength and Stretch Drop-in Program		9:00AM-9:45AM (Low Impact)					
Gentle Yoga Drop-in Program		10:15AM-11:15AM (Low Impact)		10:15AM-11:15AM (Low Impact)			
Cardio Dance Drop-in Program		5:30PM-6:30PM (Cardio)				9:00AM-10:00AM (Cardio)	
Yoga Drop-in Program		5:30PM-6:30PM (Low Impact)	10:15AM-11:15AM (Low Impact) 6:30PM-7:30PM (Low Impact)	5:30PM-6:30PM (Low Impact)		10:15AM-11:15AM (Low Impact)	10:15AM-11:15AM (Low Impact)
Step Drop-in Program			9:00AM-9:45AM (Cardio)				
Group Blast Drop-in Program				5:30PM-6:30PM (Cardio)			