



## Goderich Huron YMCA | December 5th - December 11th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>AquaFit</b> <a href="#">Drop-in Program</a>	9:00AM-9:45AM (Adult Group Fitness (13+))	9:00AM-9:45AM (Adult Group Fitness (13+))	9:00AM-9:45AM (Adult Group Fitness (13+))	9:00AM-9:45AM (Adult Group Fitness (13+))	9:00AM-9:45AM (Adult Group Fitness (13+))		
<b>Suspension Training</b> <a href="#">Drop-in Program</a>	9:00AM-10:00AM (Adult Group Fitness (13+))		4:30PM-5:30PM (Adult Group Fitness (13+))		9:15AM-10:15AM (Adult Group Fitness (13+))		
<b>Group Blast</b> <a href="#">Drop-in Program</a>	5:30PM-6:30PM (Adult Group Fitness (13+))			5:30PM-6:30PM (Adult Group Fitness (13+))			
<b>Total Body Conditioning</b> <a href="#">Drop-in Program</a>		6:45AM-7:45AM (Adult Group Fitness (13+))		6:45AM-7:45AM (Adult Group Fitness (13+))			
<b>Group Active</b> <a href="#">Drop-in Program</a>		9:00AM-10:00AM (Adult Group Fitness (13+))		9:00AM-10:00AM (Adult Group Fitness (13+))			
<b>Gentle Yoga</b> <a href="#">Drop-in Program</a>		10:30AM-11:30AM (Adult Group Fitness (13+))					
<b>Cardio Dance</b> <a href="#">Drop-in Program</a>		5:30PM-6:30PM (Adult Group Fitness (13+))				9:00AM-10:00AM (Adult Group Fitness (13+))	
<b>Yoga</b> <a href="#">Drop-in Program</a>		5:30PM-6:30PM (Adult Group Fitness (13+))	6:00PM-7:00PM (Adult Group Fitness (13+))	5:30PM-6:30PM (Adult Group Fitness (13+))			
<b>Group Power</b> <a href="#">Drop-in Program</a>			9:00AM-10:00AM (Adult Group Fitness (13+))				
<b>Strength and Stretch</b> <a href="#">Drop-in Program</a>			9:00AM-9:45AM (Adult Group Fitness (13+))				
<b>Line Dancing</b> <a href="#">Drop-in Program</a>			10:30AM-11:30AM (Adult Group Fitness (13+))				
<b>Cycle</b> <a href="#">Drop-in Program</a>					6:30AM-7:00AM (Adult Group Fitness (13+))		