



Goderich Huron YMCA | October 6th - October 12th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Power Drop-in Program	9:00AM-10:00AM (Strength and Endurance)	4:00PM-5:00PM (Strength and Endurance)		6:00PM-7:00PM (Strength and Endurance)			
AquaFit Drop-in Program	9:00AM-9:45AM (Aquatic Fitness) 6:30PM-7:15PM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness) 7:15PM-8:00PM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)		
Strength and Stretch Drop-in Program	10:15AM-11:00AM (Strength and Endurance)				10:15AM-11:15AM (Strength and Endurance)		
Chairfit Drop-in Program	1:00PM-2:00PM (Low Impact)		1:00PM-2:00PM (Low Impact)				
Cycle Drop-in Program	4:30PM-5:30PM (Cardio)		6:30AM-7:15AM (Cardio)		6:30AM-7:15AM (Cardio)		
Group Blast Drop-in Program	6:00PM-7:00PM (Cardio)						
Group Active Drop-in Program		8:00AM-9:00AM (Cardio)		9:00AM-10:00AM (Cardio)			
TRX Drop-in Program		9:15AM-10:00AM (Strength and Endurance)		4:30PM-5:30PM (Strength and Endurance)	8:00AM-8:45AM (Strength and Endurance)		
Gentle Yoga Drop-in Program		10:15AM-11:15AM (Low Impact)		10:15AM-11:15AM (Low Impact)			
Group Fight Drop-in Program		6:00PM-7:00PM (Cardio)					
Step Drop-in Program			9:00AM-9:45AM (Cardio)				
Yoga Drop-in Program			10:15AM-11:15AM (Low Impact) 7:15PM-8:15PM (Low Impact)		9:00AM-10:00AM (Low Impact)	10:15AM-11:15AM (Low Impact)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Line Dancing Drop-in Program			11:30AM-12:00PM (Cardio)				
Cardio Dance Drop-in Program			6:00PM-7:00PM (Cardio)			9:00AM-10:00AM (Cardio)	
Stretch Drop-in Program					11:15AM-11:45AM (Low Impact)		
Restorative Yoga Drop-in Program							10:15AM-11:15AM (Low Impact)