



## Goderich Huron YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Power</b> <a href="#">Drop-in Program</a>	9:00AM-10:00AM (Strength and Endurance)			6:00PM-7:00PM (Strength and Endurance)			
<b>Aquafit</b> <a href="#">Drop-in Program</a>	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)	9:00AM-9:45AM (Aquatic Fitness)		
<b>Strength and Stretch</b> <a href="#">Drop-in Program</a>	10:15AM-11:00AM (Strength and Endurance)				10:00AM-11:00AM (Strength and Endurance)		
<b>Baby and me fitness</b> <a href="#">Drop-in Program</a>	11:15AM-12:00PM (Cardio)  1:00PM-1:45PM (Cardio)						
<b>Yoga</b> <a href="#">Drop-in Program</a>	4:30PM-5:30PM (Low Impact)	7:15PM-8:00PM (Low Impact)	10:15AM-11:15AM (Low Impact)  7:15PM-8:15PM (Low Impact)	7:15PM-8:15PM (Low Impact)	8:00AM-8:45AM (Low Impact)	10:15AM-11:15AM (Low Impact)	
<b>Group Blast</b> <a href="#">Drop-in Program</a>	6:00PM-7:00PM (Cardio)						
<b>Total Body Conditioning</b> <a href="#">Drop-in Program</a>		6:45AM-7:45AM (Strength and Endurance)		6:45AM-7:45AM (Strength and Endurance)			
<b>Group Active</b> <a href="#">Drop-in Program</a>		8:00AM-9:00AM (Cardio)		9:00AM-10:00AM (Cardio)			
<b>Suspension Training</b> <a href="#">Drop-in Program</a>		9:15AM-10:00AM (Strength and Endurance)			9:00AM-9:45AM (Strength and Endurance)		11:30AM-12:15PM (Strength and Endurance)
<b>Gentle Yoga</b> <a href="#">Drop-in Program</a>		10:15AM-11:15AM (Low Impact)		10:15AM-11:15AM (Low Impact)			
<b>Kickboxing</b> <a href="#">Drop-in Program</a>		5:00PM-5:45PM (Cardio)		5:00PM-5:45PM (Cardio)		4:30PM-5:30PM (Cardio)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Fight</b> <a href="#">Drop-in Program</a>		6:00PM-7:00PM (Cardio)					
<b>Cycle</b> <a href="#">Drop-in Program</a>			6:30AM-7:15AM (Cardio)		6:30AM-7:15AM (Cardio)		
<b>Step</b> <a href="#">Drop-in Program</a>			9:00AM-9:45AM (Cardio)				
<b>Dance Fit</b> <a href="#">Drop-in Program</a>			11:30AM-12:00PM (Cardio)				
<b>Cardio Dance</b> <a href="#">Drop-in Program</a>			6:00PM-7:00PM (Cardio)			9:00AM-10:00AM (Cardio)	
<b>Paddleboard Pilates</b> <a href="#">Sign Up</a>				7:15PM-8:00PM (Aquatic Fitness)			
<b>Stretch</b> <a href="#">Drop-in Program</a>					11:00AM-11:30AM (Low Impact)		
<b>Restorative Yoga</b> <a href="#">Drop-in Program</a>							10:15AM-11:15AM (Low Impact)