



Goderich Huron YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)		
Group Power Drop-in Program	9:00AM-10:00AM (Strength and Endurance)						
Chairfit Drop-in Program	10:15AM-11:15AM (Low Impact)		11:30AM-12:30PM (Low Impact)		12:30PM-1:30PM (Low Impact)		
R30 Drop-in Program	11:30AM-12:00PM (Cardio)						
Gentle Yoga Drop-in Program	12:30PM-1:30PM (Low Impact)	10:15AM-11:15AM (Low Impact)		10:15AM-11:15AM (Low Impact)			
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)			9:00AM-9:45AM (Strength and Endurance)		
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)		11:15AM-12:00PM (Low Impact)	10:15AM-11:15AM (Low Impact)	
Total Body Conditioning Drop-in Program			5:00PM-5:45PM (Strength and Endurance)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Dance Drop-in Program			6:00PM-7:00PM (Cardio)			9:00AM-10:00AM (Cardio)	
Strength and Stretch Drop-in Program					10:00AM-11:00AM (Strength and Endurance)		
Restorative Yoga Drop-in Program							10:15AM-11:15AM (Low Impact)