



Goderich Huron YMCA | August 11th - August 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Conditioning Drop-in Program	6:45AM-7:45AM (Strength and Endurance)	6:45AM-7:45AM (Strength and Endurance)		6:45AM-7:45AM (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)		
Group Power Drop-in Program	9:00AM-10:00AM (Strength and Endurance)	10:15AM-11:15AM (Strength and Endurance) 4:00PM-5:00PM (Strength and Endurance)		6:00PM-7:00PM (Strength and Endurance)			
Strength and Stretch Drop-in Program	10:15AM-11:15AM (Strength and Endurance)				10:00AM-11:00AM (Strength and Endurance)		
Yoga Drop-in Program	4:30PM-5:30PM (Low Impact)		10:15AM-11:15AM (Low Impact) 7:15PM-8:15PM (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)			
Suspension Training 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)					
Cycle Drop-in Program			6:30AM-7:15AM (Cardio)				
Step Drop-in Program			9:00AM-9:45AM (Cardio)				

	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)	
Gentle Yoga Drop-in Program				10:15AM-11:15AM (Low Impact)			
Stretch Drop-in Program					11:00AM-11:30AM (Low Impact)		
Restorative Yoga Drop-in Program							10:15AM-11:15AM (Low Impact)