



Lambton Shores YMCA | June 27th - July 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Drop-in Program	9:00AM-10:00AM (Adult Group Fitness (13+))				9:00AM-10:00AM (Adult Group Fitness (13+))		
Group Power Drop-in Program	6:00PM-7:00PM (Adult Group Fitness (13+))					9:00AM-10:00AM (Adult Group Fitness (13+))	
Cycle and Core Drop-in Program		6:00AM-7:00AM (Adult Group Fitness (13+))					
Cycle, Strength and Stretch Drop-in Program			6:00AM-7:00AM (Adult Group Fitness (13+))				
Boot Camp Drop-in Program				6:00PM-6:30PM (Adult Group Fitness (13+))			
Group Centergy Drop-in Program				6:30PM-7:30PM (Adult Group Fitness (13+))			