



Lambton Shores YMCA | April 22nd - April 28th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga (Port Franks) Drop-in Program			9:00AM-10:00AM (Low Impact)				
Cycle Drop-in Program						8:15AM-8:45AM (Cardio)	
Group Power Drop-in Program						9:00AM-10:00AM (Strength and Endurance)	
Learn To Run Sign Up							8:00AM-9:00AM (Learn to Run)
Group Centergy Drop-in Program							8:15AM-9:15AM (Low Impact)