

Lambton Shores YMCA | November 17th - November 23rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Conditioning Drop-in Program	8:00AM-8:45AM (Strength and Endurance)		8:00AM-8:45AM (Strength and Endurance)				
Yoga Drop-in Program	9:00AM-10:00AM (Low Impact)				9:00AM-10:00AM (Low Impact)		
Group Power Drop-in Program	6:00PM-7:00PM (Strength and Endurance)			6:00PM-7:00PM (Strength and Endurance)		9:00AM-10:00AM (Strength and Endurance)	
Cycle, Strength and Stretch		6:00AM-7:00AM (Strength and Endurance)		6:00AM-7:00AM (Strength and Endurance)			
Interval Training Drop-in Program		9:00AM-9:45AM (Strength and Endurance)					
Pilates Drop-in Program			9:00AM-10:00AM (Low Impact)				
Core Strength and Stretch			6:00PM-7:00PM (Strength and Endurance)				
Drop-in Program Group Groove			7:15PM-8:15PM (Cardio)				
Drop-in Program Group Fight				10:15AM-11:00AM (Cardio)			
Drop-in Program Group Centergy				7:15PM-8:15PM (Low Impact)			8:15AM-9:15AM (Low Impact)
Drop-in Program Circuit Training					8:00AM-8:45AM (Strength and Endurance)		
Drop-in Program Cycle						8:15AM-8:45AM (Cardio)	
<u>Drop-in Program</u>						, , ,	