



## Lambton Shores YMCA | October 6th - October 12th

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