



Lambton Shores YMCA | August 11th - August 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 Drop-in Program		6:00AM-7:00AM (Cardio)		6:00AM-7:00AM (Cardio)			
Interval Training Drop-in Program		8:00AM-8:45AM (Strength and Endurance)					
Light and Lively Drop-in Program		9:00AM-10:00AM (Low Impact)		8:00AM-9:00AM (Low Impact)			
Cycle Drop-in Program		6:15PM-7:00PM (Cardio)				8:15AM-8:45AM (Cardio)	
Total Body Conditioning Drop-in Program			8:00AM-9:00AM (Strength and Endurance)				
Group Fight Drop-in Program			9:00AM-9:45AM (Cardio)				
Core Strength and Stretch Drop-in Program			6:00PM-7:00PM (Strength and Endurance)				
Pilates Drop-in Program				9:00AM-10:00AM (Low Impact)			
Group Centergy Drop-in Program				7:15PM-8:15PM (Low Impact)			8:15AM-9:15AM (Low Impact)
Circuit Training Drop-in Program					8:00AM-8:45AM (Strength and Endurance)		