



North Middlesex YMCA | March 4th - March 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Light and Lively Drop-in Program	9:00AM-10:00AM (Low Impact)						
Group Active Drop-in Program	9:30AM-10:30AM (Cardio)				9:30AM-10:15AM (Cardio)		
Walking to Fitness Drop-in Program	10:00AM-11:00AM (Cardio)		10:00AM-11:00AM (Cardio)		10:00AM-11:00AM (Cardio)		
Group Power Drop-in Program	6:00PM-7:00PM (Strength and Endurance)	9:30AM-10:30AM (Strength and Endurance)		6:00PM-7:00PM (Strength and Endurance)			
Step Drop-in Program		6:00PM-7:00PM (Cardio)					
Yoga Drop-in Program		6:30PM-7:30PM (Low Impact)		6:30PM-7:30PM (Low Impact)		9:30AM-10:30AM (Low Impact)	
Group Centergy Drop-in Program			9:30AM-10:30AM (Low Impact)				
Boot Camp Drop-in Program			6:00PM-7:00PM (Strength and Endurance)				
Group Groove Drop-in Program				9:30AM-10:30AM (Cardio)			
Cycle Drop-in Program				5:30PM-6:30PM (Cardio) 5:30PM-6:30PM (Cardio)			