



North Middlesex YMCA | April 22nd - April 28th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Walking to Fitness</b> <a href="#">Drop-in Program</a>	10:00AM-11:00AM (Cardio)		10:00AM-11:00AM (Cardio)		10:00AM-11:00AM (Cardio)		
<b>Group Groove</b> <a href="#">Drop-in Program</a>				9:30AM-10:30AM (Cardio)			
<b>Cycle</b> <a href="#">Drop-in Program</a>				5:30PM-6:30PM (Cardio)  5:30PM-6:30PM (Cardio)			
<b>Group Power</b> <a href="#">Drop-in Program</a>				6:00PM-7:00PM (Strength and Endurance)			
<b>Yoga</b> <a href="#">Drop-in Program</a>				6:30PM-7:30PM (Low Impact)		9:30AM-10:30AM (Low Impact)	
<b>Group Active</b> <a href="#">Drop-in Program</a>					9:30AM-10:15AM (Cardio)		