



## North Middlesex YMCA | December 5th - December 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Power</b> <a href="#">Drop-in Program</a>	9:15AM-10:15AM (Adult Group Fitness (13+))  9:15AM-10:15AM (Adult Group Fitness (13+))  9:15AM-10:15AM (Adult Group Fitness (13+))		11:45AM-12:45PM (Adult Group Fitness (13+))	6:00PM-7:00PM (Adult Group Fitness (13+))			
<b>Walk Fit</b> <a href="#">Drop-in Program</a>	10:00AM-10:45AM (Adult Group Fitness (13+))						
<b>Circuit Training</b> <a href="#">Drop-in Program</a>	12:00PM-12:30PM (Adult Group Fitness (13+))						
<b>Yoga</b> <a href="#">Drop-in Program</a>	6:00PM-7:00PM (Adult Group Fitness (13+))	6:30PM-7:30PM (Adult Group Fitness (13+))				9:15AM-10:15AM (Adult Group Fitness (13+))	
<b>Pickleball</b> <a href="#">Drop-in Program</a>	6:30PM-8:00PM (Adult Group Fitness (13+))						
<b>Boot Camp</b> <a href="#">Drop-in Program</a>		6:00AM-6:30AM (Adult Group Fitness (13+))  6:00AM-6:30AM (Adult Group Fitness (13+))				8:30AM-9:30AM (Adult Group Fitness (13+))	
<b>Suspension Training</b> <a href="#">Drop-in Program</a>		6:00AM-6:30AM (Adult Group Fitness (13+))					
<b>Total Body Conditioning</b> <a href="#">Drop-in Program</a>		9:15AM-10:15AM (Adult Group Fitness (13+))		6:00AM-6:30AM (Adult Group Fitness (13+))			
<b>Gentle Yoga</b> <a href="#">Drop-in Program</a>		9:30AM-10:15AM (Adult Group Fitness (13+))  9:30AM-10:15AM (Adult Group Fitness (13+))					
<b>Core Strength and Stretch</b> <a href="#">Drop-in Program</a>		12:00PM-12:30PM (Adult Group Fitness (13+))		12:00PM-12:30PM (Adult Group Fitness (13+))			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Step</b> <a href="#">Drop-in Program</a>		6:00PM-6:30PM (Adult Group Fitness (13+))					
<b>Group Centergy</b> <a href="#">Drop-in Program</a>			9:15AM-10:15AM (Adult Group Fitness (13+))				
<b>Kickboxing</b> <a href="#">Drop-in Program</a>			6:00PM-6:45PM (Adult Group Fitness (13+))				
<b>Group Active</b> <a href="#">Drop-in Program</a>				9:15AM-10:15AM (Adult Group Fitness (13+))			
<b>Cardio Dance</b> <a href="#">Drop-in Program</a>					9:15AM-10:15AM (Adult Group Fitness (13+))		