



Petrolia YMCA | April 22nd - April 28th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp Drop-in Program					6:15AM-7:00AM (Strength and Endurance)		
AquaFit Drop-in Program					8:15AM-9:00AM (Aquatic Fitness) 8:15AM-9:00AM (Aquatic Fitness)		9:00AM-9:45AM (Aquatic Fitness) 9:00AM-9:45AM (Aquatic Fitness)
Yoga Drop-in Program					9:15AM-10:15AM (Low Impact)		
Water Walking Drop-in Program					9:15AM-10:00AM (Aquatic Fitness)		
Chairfit Drop-in Program					10:30AM-11:15AM (Low Impact)		
Total Body Conditioning Drop-in Program						9:00AM-9:45AM (Strength and Endurance)	