



Petrolia YMCA | December 5th - December 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit Drop-in Program	8:15AM-9:00AM (Adult Group Fitness (13+)) 8:15AM-9:00AM (Adult Group Fitness (13+)) 5:00PM-5:45PM (Adult Group Fitness (13+)) 5:00PM-5:45PM (Adult Group Fitness (13+))	10:15AM-11:00AM (Adult Group Fitness (13+)) 10:15AM-11:00AM (Adult Group Fitness (13+))	8:15AM-9:00AM (Adult Group Fitness (13+)) 8:15AM-9:00AM (Adult Group Fitness (13+))	10:15AM-11:00AM (Adult Group Fitness (13+)) 10:15AM-11:00AM (Adult Group Fitness (13+))	8:15AM-9:00AM (Adult Group Fitness (13+)) 8:15AM-9:00AM (Adult Group Fitness (13+))		9:00AM-9:45AM (Adult Group Fitness (13+)) 9:00AM-9:45AM (Adult Group Fitness (13+))
Turf Time Drop-in Program		6:15AM-7:00AM (Adult Group Fitness (13+))			10:15AM-11:00AM (Adult Group Fitness (13+))		
Light and Lively Drop-in Program		9:15AM-10:00AM (Adult Group Fitness (13+))					
Cycle, Strength and Stretch Drop-in Program		5:30PM-6:30PM (Adult Group Fitness (13+))					
Cycle Drop-in Program			6:15AM-7:00AM (Adult Group Fitness (13+))				
Stretch Drop-in Program			9:15AM-10:00AM (Adult Group Fitness (13+))				
Interval Training Drop-in Program			10:15AM-11:00AM (Adult Group Fitness (13+))	7:15PM-8:00PM (Adult Group Fitness (13+))			
Barbell Fit Drop-in Program			7:15PM-8:00PM (Adult Group Fitness (13+))				
Total Body Conditioning Drop-in Program				6:15AM-7:00AM (Adult Group Fitness (13+))		9:00AM-9:45AM (Adult Group Fitness (13+))	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step Drop-in Program				9:15AM-10:00AM (Adult Group Fitness (13+))			
Active Agers Drop-in Program				11:00AM-11:30AM (Adult Group Fitness (13+))			
Boot Camp Drop-in Program					6:15AM-7:00AM (Adult Group Fitness (13+))		
Yoga Drop-in Program					8:15AM-9:00AM (Adult Group Fitness (13+))		
Chair Yoga Drop-in Program					9:15AM-10:00AM (Adult Group Fitness (13+))		
Water Walking Drop-in Program					9:15AM-10:00AM (Adult Group Fitness (13+)) 9:15AM-10:00AM (Adult Group Fitness (13+))		
Core Strength and Stretch Drop-in Program					5:45PM-6:15PM (Adult Group Fitness (13+))		