



## Petrolia YMCA | October 6th - October 12th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> <a href="#">Drop-in Program</a>	6:15AM-7:00AM (Cardio)	5:15PM-6:00PM (Cardio)	6:15AM-7:00AM (Cardio)			8:00AM-8:45AM (Cardio)	
<b>Aquafit</b> <a href="#">Drop-in Program</a>	8:15AM-9:00AM (Aquatic Fitness)	8:15AM-9:00AM (Aquatic Fitness)  10:15AM-11:00AM (Aquatic Fitness)	8:15AM-9:00AM (Aquatic Fitness)	8:15AM-9:00AM (Aquatic Fitness)	8:15AM-9:00AM (Aquatic Fitness)		
<b>Cycle, Strength and Stretch</b> <a href="#">Drop-in Program</a>	9:15AM-10:00AM (Strength and Endurance)			6:45PM-7:45PM (Strength and Endurance)			
<b>Water Walking</b> <a href="#">Drop-in Program</a>	9:15AM-10:00AM (Aquatic Fitness)				9:15AM-10:00AM (Aquatic Fitness)		
<b>Yoga</b> <a href="#">Drop-in Program</a>	10:15AM-11:00AM (Low Impact)  5:00PM-5:45PM (Low Impact)		9:15AM-10:00AM (Low Impact)				
<b>Chair Yoga</b> <a href="#">Drop-in Program</a>	12:15PM-1:00PM (Low Impact)						
<b>Boot Camp</b> <a href="#">Drop-in Program</a>	5:45PM-6:30PM (Strength and Endurance)				6:15AM-7:00AM (Strength and Endurance)		
<b>AquaDance</b> <a href="#">Drop-in Program</a>	6:15PM-7:00PM (Aquatic Fitness)		2:15PM-3:00PM (Aquatic Fitness)	10:15AM-11:00AM (Aquatic Fitness)			9:15AM-10:00AM (Aquatic Fitness)
<b>Turf Time</b> <a href="#">Drop-in Program</a>		6:15AM-7:00AM (Strength and Endurance)					
<b>Light and Lively</b> <a href="#">Drop-in Program</a>		9:15AM-10:00AM (Low Impact)		9:15AM-10:00AM (Low Impact)			
<b>Senior Wellness</b> <a href="#">Drop-in Program</a>		12:00PM-2:00PM (Low Impact)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Circuit Training</b> <a href="#">Drop-in Program</a>		6:15PM-6:45PM (Strength and Endurance)					
<b>Gentle Yoga</b> <a href="#">Drop-in Program</a>		7:15PM-8:00PM (Low Impact)					
<b>AquaTherapy</b> <a href="#">Drop-in Program</a>			10:15AM-11:00AM (Aquatic Fitness)				
<b>Barbell Fit</b> <a href="#">Drop-in Program</a>			5:45PM-6:30PM (Strength and Endurance)				
<b>Total Body Conditioning</b> <a href="#">Drop-in Program</a>				6:15AM-7:00AM (Strength and Endurance)		9:00AM-9:45AM (Strength and Endurance)	
<b>Active Agers</b> <a href="#">Drop-in Program</a>				11:00AM-11:30AM (Low Impact)			
<b>Yin Yang Yoga</b> <a href="#">Drop-in Program</a>					9:15AM-10:00AM (Low Impact)		
<b>Chairfit</b> <a href="#">Drop-in Program</a>					10:30AM-11:15AM (Low Impact)		
<b>Women on Weights</b> <a href="#">Sign Up</a>						1:00PM-2:00PM (Strength and Endurance)	