



Petrolia YMCA | April 28th - May 4th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit Training Drop-in Program		6:15PM-6:45PM (Strength and Endurance)					
AquaTherapy Drop-in Program			10:15AM-11:00AM (Aquatic Fitness)				
Walking to Fitness Drop-in Program			11:30AM-12:15PM (Cardio)				
Barbell Fit Drop-in Program			5:45PM-6:30PM (Strength and Endurance)				
Total Body Conditioning Drop-in Program				6:15AM-7:00AM (Strength and Endurance)		9:00AM-9:45AM (Strength and Endurance)	
Active Agers Drop-in Program				11:00AM-11:30AM (Low Impact)			
Yin Yang Yoga Drop-in Program					9:15AM-10:00AM (Low Impact)		
Chairfit Drop-in Program					10:30AM-11:15AM (Low Impact)		