



## Sarnia-Lambton YMCA Jerry McCaw Family Centre | April 15th - April 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Power</b> <a href="#">Drop-in Program</a>	6:30AM-7:30AM (Strength and Endurance)  9:15AM-10:15AM (Strength and Endurance)		9:15AM-10:15AM (Strength and Endurance)	5:30PM-6:30PM (Strength and Endurance)		9:15AM-10:15AM (Strength and Endurance)	
<b>Chairfit</b> <a href="#">Drop-in Program</a>	8:00AM-8:45AM (Low Impact)		8:00AM-8:45AM (Low Impact)		8:00AM-8:45AM (Low Impact)		
<b>Step</b> <a href="#">Drop-in Program</a>	9:15AM-10:15AM (Cardio)				9:15AM-10:15AM (Cardio)		
<b>Boot Camp</b> <a href="#">Drop-in Program</a>	5:30PM-6:30PM (Strength and Endurance)		6:30AM-7:15AM (Strength and Endurance)  7:30AM-6:30PM (Strength and Endurance)	9:15AM-10:15AM (Strength and Endurance)			
<b>Cycle</b> <a href="#">Drop-in Program</a>		6:30AM-7:00AM (Cardio)  9:15AM-10:00AM (Cardio)		6:30AM-7:00AM (Cardio)  9:15AM-10:00AM (Cardio)			
<b>Stretch</b> <a href="#">Drop-in Program</a>		8:00AM-8:45AM (Low Impact)		8:00AM-8:45AM (Low Impact)			
<b>Body Blend</b> <a href="#">Drop-in Program</a>		9:15AM-10:15AM (Cardio)			9:15AM-10:15AM (Cardio)		
<b>Aquafit</b> <a href="#">Drop-in Program</a>		7:00PM-7:45PM (Aquatic Fitness)		7:00PM-7:45PM (Aquatic Fitness)			
<b>Total Body Conditioning</b> <a href="#">Drop-in Program</a>				10:30AM-11:30AM (Strength and Endurance)			
<b>Yoga</b> <a href="#">Drop-in Program</a>				7:00PM-8:00PM (Low Impact)		10:30AM-11:30AM (Low Impact)	
<b>Core Strength and Stretch</b> <a href="#">Drop-in Program</a>					6:30AM-7:15AM (Strength and Endurance)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Turf Time</b> <a href="#">Drop-in Program</a>					12:15PM-1:00PM (Cardio)		10:15AM-11:00AM (Cardio)
<b>Zumba</b> <a href="#">Drop-in Program</a>						9:15AM-10:15AM (Cardio)	