



## Sarnia-Lambton YMCA Jerry McCaw Family Centre | December 5th - December 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Power</b> <a href="#">Drop-in Program</a>	6:30AM-7:30AM (Adult Group Fitness (13+))  9:15AM-10:15AM (Adult Group Fitness (13+))		9:15AM-10:15AM (Adult Group Fitness (13+))	5:30PM-6:30PM (Adult Group Fitness (13+))		9:15AM-10:15AM (Adult Group Fitness (13+))	
<b>Chairfit</b> <a href="#">Drop-in Program</a>	8:00AM-8:45AM (Adult Group Fitness (13+))		8:00AM-8:45AM (Adult Group Fitness (13+))		8:00AM-8:45AM (Adult Group Fitness (13+))		
<b>Step</b> <a href="#">Drop-in Program</a>	9:15AM-10:15AM (Adult Group Fitness (13+))						
<b>Aquafit</b> <a href="#">Drop-in Program</a>	10:45AM-11:30AM (Adult Group Fitness (13+))	10:45AM-11:30AM (Adult Group Fitness (13+))	10:45AM-11:30AM (Adult Group Fitness (13+))	10:45AM-11:30AM (Adult Group Fitness (13+))	10:45AM-11:30AM (Adult Group Fitness (13+))		
<b>Boot Camp</b> <a href="#">Drop-in Program</a>	5:30PM-6:30PM (Adult Group Fitness (13+))		6:30AM-7:15AM (Adult Group Fitness (13+))  5:30PM-6:30PM (Adult Group Fitness (13+))				
<b>Yoga</b> <a href="#">Drop-in Program</a>	7:30PM-8:30PM (Adult Group Fitness (13+))		7:30PM-8:30PM (Adult Group Fitness (13+))			10:30AM-11:30AM (Adult Group Fitness (13+))	
<b>Cycle</b> <a href="#">Drop-in Program</a>		6:30AM-7:00AM (Adult Group Fitness (13+))  9:15AM-10:00AM (Adult Group Fitness (13+))  5:30PM-6:15PM (Adult Group Fitness (13+))		6:30AM-7:00AM (Adult Group Fitness (13+))  9:15AM-10:00AM (Adult Group Fitness (13+))		9:15AM-10:00AM (Adult Group Fitness (13+))	
<b>Stretch</b> <a href="#">Drop-in Program</a>		8:00AM-8:45AM (Adult Group Fitness (13+))					
<b>Group Fight</b> <a href="#">Drop-in Program</a>		9:15AM-10:15AM (Adult Group Fitness (13+))					
<b>Total Body Conditioning</b> <a href="#">Drop-in Program</a>		12:00PM-1:00PM (Adult Group Fitness (13+))		10:30AM-11:30AM (Adult Group Fitness (13+))			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Line Dancing</b> <a href="#">Drop-in Program</a>			10:30AM-11:30AM (Adult Group Fitness (13+))	9:15AM-10:15AM (Adult Group Fitness (13+))			
<b>Chair Yoga</b> <a href="#">Drop-in Program</a>				8:00AM-8:45AM (Adult Group Fitness (13+))			
<b>Core Strength and Stretch</b> <a href="#">Drop-in Program</a>					6:30AM-7:15AM (Adult Group Fitness (13+))		
<b>Body Blend</b> <a href="#">Drop-in Program</a>					9:15AM-10:15AM (Adult Group Fitness (13+))		
<b>Turf Time</b> <a href="#">Drop-in Program</a>					12:15PM-1:00PM (Adult Group Fitness (13+))		