



## Sarnia-Lambton YMCA Jerry McCaw Family Centre | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> <a href="#">Drop-in Program</a>	6:15AM-7:00AM (Cardio)	9:15AM-10:15AM (Cardio)	6:15AM-7:00AM (Cardio)	9:15AM-10:15AM (Cardio)			
<b>Light and Lively</b> <a href="#">Drop-in Program</a>	8:00AM-8:45AM (Low Impact)				8:00AM-8:45AM (Low Impact)		
<b>Total Body Conditioning</b> <a href="#">Drop-in Program</a>	9:15AM-10:15AM (Strength and Endurance)			10:30AM-11:30AM (Strength and Endurance)	9:15AM-10:15AM (Strength and Endurance)		
<b>Line Dancing</b> <a href="#">Drop-in Program</a>	10:30AM-11:30AM (Cardio)						
<b>Aquafit</b> <a href="#">Drop-in Program</a>	10:45AM-11:30AM (Aquatic Fitness)	10:45AM-11:30AM (Aquatic Fitness)  7:00PM-7:45PM (Aquatic Fitness)	10:45AM-11:30AM (Aquatic Fitness)	10:45AM-11:30AM (Aquatic Fitness)  7:00PM-7:45PM (Aquatic Fitness)	10:45AM-11:30AM (Aquatic Fitness)		
<b>HIIT</b> <a href="#">Drop-in Program</a>	12:15PM-1:15PM (Cardio)		12:15PM-1:15PM (Cardio)				
<b>Boot Camp</b> <a href="#">Drop-in Program</a>	5:30PM-6:30PM (Strength and Endurance)						
<b>Core and Stretch</b> <a href="#">Drop-in Program</a>	7:30PM-8:30PM (Strength and Endurance)						
<b>Barbell Fit</b> <a href="#">Drop-in Program</a>		6:15AM-7:00AM (Strength and Endurance)					
<b>Learn to Run</b> <a href="#">Registration Closed</a>		7:00AM-8:00AM (Learn to Run Open for non members)  5:30PM-6:30PM (Learn to Run Open for non members)					
<b>Core Strength and Stretch</b> <a href="#">Drop-in Program</a>		8:00AM-8:45AM (Strength and Endurance)  10:30AM-11:15AM (Strength and Endurance)	10:30AM-11:15AM (Strength and Endurance)  7:30PM-8:30PM (Strength and Endurance)	8:00AM-8:45AM (Strength and Endurance)	6:15AM-7:15AM (Strength and Endurance)  10:30AM-11:15AM (Strength and Endurance)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Power</b> <a href="#">Drop-in Program</a>		9:15AM-10:15AM (Strength and Endurance)		6:15AM-7:15AM (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>Zumba</b> <a href="#">Drop-in Program</a>		5:30PM-6:30PM (Cardio)					
<b>Chairfit</b> <a href="#">Drop-in Program</a>			8:00AM-8:45AM (Low Impact)				
<b>Group Active</b> <a href="#">Drop-in Program</a>			9:15AM-10:15AM (Cardio)  5:30PM-6:30PM (Cardio)				
<b>Suspension Training</b> <a href="#">Drop-in Program</a>			7:00PM-7:45PM (Strength and Endurance)				
<b>Step</b> <a href="#">Drop-in Program</a>				5:30PM-6:30PM (Cardio)	9:15AM-10:15AM (Cardio)		
<b>Turf Time</b> <a href="#">Drop-in Program</a>					12:15PM-1:00PM (Strength and Endurance)		10:15AM-11:00AM (Strength and Endurance)
<b>Dance Fit</b> <a href="#">Drop-in Program</a>						9:15AM-10:15AM (Cardio)	
<b>Yoga</b> <a href="#">Drop-in Program</a>						10:30AM-11:30AM (Low Impact)	10:00AM-11:00AM (Low Impact)
<b>Family Boot Camp</b> <a href="#">Drop-in Program</a>						10:30AM-11:15AM (Strength and Endurance)	