



## Sarnia-Lambton YMCA Jerry McCaw Family Centre | September 29th - October 5th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> <a href="#">Drop-in Program</a>		9:15AM-10:00AM (Cardio)	6:15AM-7:00AM (Cardio)	9:15AM-10:00AM (Cardio)			
<b>Pilates</b> <a href="#">Drop-in Program</a>		10:30AM-11:15AM (Low Impact)					
<b>Zumba</b> <a href="#">Drop-in Program</a>		5:30PM-6:30PM (Cardio)		5:30PM-6:30PM (Cardio)		9:15AM-10:15AM (Cardio)	
<b>Chairfit</b> <a href="#">Drop-in Program</a>			8:00AM-8:45AM (Low Impact)				
<b>Total Body Conditioning</b> <a href="#">Drop-in Program</a>				10:30AM-11:30AM (Strength and Endurance)			
<b>Step</b> <a href="#">Drop-in Program</a>					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)