



Sarnia-Lambton YMCA Jerry McCaw Family Centre | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Suspension Training Drop-in Program	6:15AM-7:00AM (Strength and Endurance)		7:00PM-7:45PM (Strength and Endurance)				
Active Agers Drop-in Program	8:00AM-8:45AM (Low Impact)				8:00AM-8:45AM (Low Impact)		
Group Power Drop-in Program	9:15AM-10:15AM (Strength and Endurance)		9:15AM-10:15AM (Strength and Endurance)	6:15AM-7:00AM (Strength and Endurance) 5:30PM-6:30PM (Strength and Endurance)		9:15AM-10:15AM (Strength and Endurance)	
Step Drop-in Program	9:15AM-10:15AM (Cardio)						
Aquafit Drop-in Program	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)		
HIIT Drop-in Program	12:15PM-1:00PM (Cardio)		12:15PM-1:00PM (Cardio)				
Boot Camp Drop-in Program	5:30PM-6:30PM (Strength and Endurance)			9:15AM-10:15AM (Strength and Endurance)			
Yoga Drop-in Program	7:30PM-8:30PM (Low Impact)		7:30PM-8:30PM (Low Impact)		7:30PM-8:30PM (Low Impact)	10:30AM-11:30AM (Low Impact)	10:00AM-11:00AM (Low Impact)
Cycle Drop-in Program		6:15AM-7:00AM (Cardio) 9:15AM-10:00AM (Cardio)		9:15AM-10:00AM (Cardio)	6:15AM-7:00AM (Cardio)		
Core Strength and Stretch Drop-in Program		8:00AM-8:45AM (Strength and Endurance)	6:15AM-7:00AM (Strength and Endurance)	8:00AM-8:45AM (Strength and Endurance)	10:30AM-11:15AM (Strength and Endurance)		
Total Body Conditioning Drop-in Program		9:15AM-10:15AM (Strength and Endurance)		10:30AM-11:30AM (Strength and Endurance)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Drop-in Program		10:30AM-11:15AM (Low Impact)					
Zumba Drop-in Program		5:30PM-6:30PM (Cardio)		5:30PM-6:30PM (Cardio)		9:15AM-10:15AM (Cardio)	
Chairfit Drop-in Program			8:00AM-8:45AM (Low Impact)				
Group Active Drop-in Program			5:30PM-6:30PM (Cardio)		9:15AM-10:15AM (Cardio)		
Turf Time Drop-in Program					12:15PM-1:00PM (Strength and Endurance)		10:15AM-11:00AM (Strength and Endurance)
Front Crawl Workshop Sign Up						1:00PM-3:00PM (Workshop)	