



## StarTech.com Community Centre, YMCA, & Library | December 5th - December 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aquafit</b> <a href="#">Drop-in Program</a>		9:00AM-9:45AM (Adult Group Fitness (13+))  10:00AM-10:45AM (Adult Group Fitness (13+))	8:00AM-8:45AM (Adult Group Fitness (13+))  9:00AM-9:45AM (Adult Group Fitness (13+))  6:00PM-6:45PM (Adult Group Fitness (13+))	8:00AM-8:45AM (Adult Group Fitness (13+))  9:00AM-9:45AM (Adult Group Fitness (13+))	9:00AM-9:45AM (Adult Group Fitness (13+))  10:00AM-10:45AM (Adult Group Fitness (13+))		
<b>Cycle</b> <a href="#">Drop-in Program</a>		9:00AM-9:45AM (Adult Group Fitness (13+))	6:15AM-7:00AM (Adult Group Fitness (13+))				
<b>Strength and Stretch</b> <a href="#">Drop-in Program</a>		10:00AM-10:45AM (Adult Group Fitness (13+))					
<b>Yoga</b> <a href="#">Drop-in Program</a>		11:00AM-12:00PM (Adult Group Fitness (13+))	8:30AM-9:30AM (Adult Group Fitness (13+))	11:00AM-12:00PM (Adult Group Fitness (13+))  7:15PM-8:15PM (Adult Group Fitness (13+))	8:30AM-9:30AM (Adult Group Fitness (13+))		11:15AM-12:15PM (Adult Group Fitness (13+))
<b>Group Core</b> <a href="#">Drop-in Program</a>		5:30PM-6:00PM (Adult Group Fitness (13+))	9:15AM-9:45AM (Adult Group Fitness (13+))				
<b>Group Fight</b> <a href="#">Drop-in Program</a>		6:00PM-7:00PM (Adult Group Fitness (13+))					
<b>Gentle Yoga</b> <a href="#">Drop-in Program</a>		7:15PM-8:15PM (Adult Group Fitness (13+))					
<b>Group Blast</b> <a href="#">Drop-in Program</a>			10:00AM-11:00AM (Adult Group Fitness (13+))				
<b>Group Active</b> <a href="#">Drop-in Program</a>			6:00PM-7:00PM (Adult Group Fitness (13+))		10:00AM-11:00AM (Adult Group Fitness (13+))		
<b>Group Centergy</b> <a href="#">Drop-in Program</a>			7:15PM-8:15PM (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>Light and Lively</b> <a href="#">Drop-in Program</a>				9:00AM-9:45AM (Adult Group Fitness (13+))			
<b>Cycle and Core</b> <a href="#">Drop-in Program</a>				10:00AM-11:00AM (Adult Group Fitness (13+))			
<b>Group Power</b> <a href="#">Drop-in Program</a>				6:00PM-7:00PM (Adult Group Fitness (13+))			10:00AM-11:00AM (Adult Group Fitness (13+))
<b>Interval Training</b> <a href="#">Drop-in Program</a>					9:15AM-9:45AM (Adult Group Fitness (13+))		
<b>Boot Camp</b> <a href="#">Drop-in Program</a>						10:00AM-10:45AM (Adult Group Fitness (13+))	
<b>Power Yoga</b> <a href="#">Drop-in Program</a>						11:15AM-12:15PM (Adult Group Fitness (13+))	