



StarTech.com Community Centre, YMCA, & Library | April 15th - April 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AquaFit Drop-in Program	8:00AM-8:45AM (Aquatic Fitness) 9:00AM-9:45AM (Aquatic Fitness) 10:00AM-10:45AM (Aquatic Fitness)	8:00AM-8:45AM (Aquatic Fitness) 9:00AM-9:45AM (Aquatic Fitness) 10:00AM-10:45AM (Aquatic Fitness)	8:00AM-8:45AM (Aquatic Fitness) 9:00AM-9:45AM (Aquatic Fitness)	8:00AM-8:45AM (Aquatic Fitness) 9:00AM-9:45AM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)		8:30AM-9:15AM (Aquatic Fitness)
Gentle Yoga Drop-in Program	8:30AM-9:30AM (Low Impact)	6:45PM-7:45PM (Low Impact)	8:30AM-9:30AM (Low Impact)		8:30AM-9:30AM (Low Impact)		
Group Active Drop-in Program	9:00AM-10:00AM (Cardio)		10:00AM-11:00AM (Cardio)		10:00AM-11:00AM (Cardio)	10:00AM-11:00AM (Cardio)	
Boot Camp Drop-in Program	10:00AM-10:45AM (Strength and Endurance) 6:00PM-6:45PM (Strength and Endurance)						
AquaFit Deep Drop-in Program	6:00PM-6:45PM (Aquatic Fitness)				10:00AM-10:45AM (Aquatic Fitness)		
Cycle Drop-in Program		9:00AM-9:45AM (Cardio)				9:00AM-9:45AM (Cardio)	
Strength and Stretch Drop-in Program		10:00AM-10:45AM (Low Impact)					
Turf Time Drop-in Program		11:15AM-12:00PM (Cardio)	6:00PM-7:00PM (Strength and Endurance)				
Group Core Drop-in Program		5:30PM-6:00PM (Strength and Endurance)					
Group Fight Drop-in Program		6:00PM-7:00PM (Cardio)					
Core Drop-in Program			9:15AM-9:45AM (Strength and Endurance)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chair Yoga Drop-in Program			10:00AM-10:45AM (Low Impact)		10:00AM-10:45AM (Low Impact)		
Yoga Drop-in Program			5:30PM-6:30PM (Low Impact)	6:45PM-7:45PM (Low Impact)		11:15AM-12:15PM (Low Impact)	11:15AM-12:15PM (Low Impact)
Light and Lively Drop-in Program				9:00AM-9:45AM (Low Impact)	9:00AM-9:45AM (Low Impact)		
Cycle and Core Drop-in Program				10:00AM-11:00AM (Cardio)			
Group Power Drop-in Program				6:00PM-7:00PM (Strength and Endurance)			10:00AM-11:00AM (Strength and Endurance)
Group Groove Drop-in Program						11:00AM-12:00PM (Cardio)	
Group Centergy Drop-in Program							8:30AM-9:30AM (Low Impact)