



StarTech.com Community Centre, YMCA, & Library | October 6th - October 12th

| | 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) 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) 10:00AM-10:45AM (Aquatic Fitness) | | 8:30AM-9:15AM (Aquatic Fitness) |
| Yoga Drop-in Program | 8:30AM-9:30AM (Low Impact) | 10:00AM-10:45AM (Low Impact) | 8:30AM-9:30AM (Low Impact) | 6:45PM-7:45PM (Low Impact) | 8:30AM-9:30AM (Low Impact) 7:45PM-8:45PM (Low Impact) | 11:00AM-12:00PM (Low Impact) | |
| Cycle Drop-in Program | 9:00AM-9:45AM (Cardio) | | | | 9:00AM-9:45AM (Cardio) | 9:00AM-9:45AM (Cardio) | |
| Pickleball Drop-in Program | 9:00AM-10:30AM (Cardio) | 9:00AM-12:00PM (Cardio) | 9:00AM-10:30AM (Cardio) | 9:00AM-12:00PM (Cardio) | 9:00AM-10:30AM (Cardio) | | |
| Boot Camp Drop-in Program | 10:00AM-10:45AM (Strength and Endurance) 6:30PM-7:15PM (Strength and Endurance) | | | | | | |
| Chair Yoga Drop-in Program | 10:00AM-10:45AM (Low Impact) | | 10:00AM-10:45AM (Low Impact) | | 10:00AM-10:45AM (Low Impact) | | |
| Group Blast Drop-in Program | 11:00AM-12:00PM (Cardio) | | | | | | |
| Quantum Flow Drop-in Program | 11:00AM-12:00PM (Low Impact) | | | | | | |
| Group Active Drop-in Program | 5:30PM-6:30PM (Cardio) | | 10:00AM-11:00AM (Cardio) 5:30PM-6:30PM (Cardio) | | 10:00AM-11:00AM (Cardio) | 10:00AM-11:00AM (Cardio) | |
| Group Groove Drop-in Program | 7:15PM-8:15PM (Cardio) | | | | | | |

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| Light and Lively Drop-in Program | | 9:00AM-9:45AM (Low Impact) | | 9:00AM-9:45AM (Low Impact) | | | |
| Pilates Drop-in Program | | 9:00AM-9:45AM (Low Impact) | | | 6:30PM-7:30PM (Low Impact) | | |
| Strength and Stretch Drop-in Program | | 10:00AM-10:45AM (Strength and Endurance) | | 7:15PM-8:00PM (Strength and Endurance) | | | |
| Turf Time Drop-in Program | | 10:30AM-11:15AM (Strength and Endurance) | 6:30PM-7:15PM (Strength and Endurance) | 10:30AM-11:15AM (Strength and Endurance) | | | |
| Group Power Drop-in Program | | 11:00AM-12:00PM (Strength and Endurance) 7:00PM-8:00PM (Strength and Endurance) | | 10:00AM-11:00AM (Strength and Endurance) 6:00PM-7:00PM (Strength and Endurance) | | | 10:00AM-11:00AM (Strength and Endurance) |
| Womens Only Fitness Sign Up | | 1:00PM-2:00PM (Cardio) | | 1:00PM-2:00PM (Cardio) | | | |
| Group Core Drop-in Program | | 5:30PM-6:00PM (Strength and Endurance) | | | | | |
| Kettlebell Sign Up | | 5:30PM-6:15PM (Strength and Endurance) | 5:30PM-6:15PM (Strength and Endurance) | | | | |
| Group Fight Drop-in Program | | 6:00PM-7:00PM (Cardio) | | | | | |
| Salsa and Merengue Couples Sign Up | | 6:45PM-7:45PM (Cardio) | | 6:45PM-7:45PM (Cardio) | | | |
| Ballroom dancing Level 2 Sign Up | | 8:00PM-9:00PM (Cardio) | | | | | |
| Core Drop-in Program | | | 9:15AM-9:45AM (Strength and Endurance) | | | | |
| Women on Weights Sign Up | | | 9:30AM-10:30AM (Strength and Endurance) 10:45AM-11:45AM (Strength and Endurance) | | | | |
| Line Dancing Sign Up | | | 11:15AM-12:15PM (Cardio) | | | | |

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| yoga Drop-in Program | | | 5:30PM-6:30PM (Low Impact) | | | | |
| Taekwondo Sign Up | | | 6:30PM-7:45PM (Low Impact) | | | | 11:30AM-12:45PM (Low Impact) |
| Cycle and Core Drop-in Program | | | | 9:00AM-10:00AM (Cardio) | | | |
| Ballroom dancing Level 1 Sign Up | | | | 8:00PM-9:00PM (Cardio) | | | |
| Group Centergy Drop-in Program | | | | | | | 8:30AM-9:30AM (Low Impact) |
| Gentle Yoga Drop-in Program | | | | | | | 11:00AM-12:00PM (Low Impact) |