

## StarTech.com Community Centre, YMCA, & Library | November 17th - November 23rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit  Drop-in Program	8:00AM-8:45AM (Aquatic Fitness)	8:00AM-8:45AM (Aquatic Fitness)	8:00AM-8:45AM (Aquatic Fitness)	8:00AM-8:45AM (Aquatic Fitness)	8:00AM-8:45AM (Aquatic Fitness)		8:30AM-9:15AM (Aquatic Fitness)
	9:00AM-9:45AM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)		
	10:00AM-10:45AM (Aquatic Fitness)	10:00AM-10:45AM (Aquatic Fitness)	10:00AM-10:45AM (Aquatic Fitness)		10:00AM-10:45AM (Aquatic Fitness)		
Yoga	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)	11:00AM-12:00PM (Low Impact)	
<u>Drop-in Program</u>					7:45PM-8:45PM (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)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Groove  Drop-in Program	7:15PM-8:15PM (Cardio)						
Light and Lively		9:00AM-9:45AM		9:00AM-9:45AM			
<u>Drop-in Program</u>		(Low Impact)		(Low Impact)			
Pilates  Drop-in Program		9:00AM-9:45AM (Low Impact)			6:30PM-7:30PM (Low Impact)		
Strength and Stretch		10:00AM-10:45AM		7:15PM-8:00PM			
Drop-in Program		(Strength and Endurance)		(Strength and Endurance)			
Turf Time		10:30AM-11:15AM	6:30PM-7:15PM	10:30AM-11:15AM			
<u>Drop-in Program</u>		(Strength and Endurance)	(Strength and Endurance)	(Strength and Endurance)			
Group Power		11:00AM-12:00PM (Strength and Endurance)		10:00AM-11:00AM (Strength and Endurance)			10:00AM-11:00AM (Strength and Endurance)
<u>Drop-in Program</u>	7:00PM-8:00PM (Strength and Endurance)		6:00PM-7:00PM (Strength and Endurance)				
Womens Only Fitness		1:00PM-2:00PM (Cardio)		1:00PM-2:00PM (Cardio)			
Sign Up							
Group Core  Drop-in Program		5:30PM-6:00PM (Strength and Endurance)					
Group Fight		6:00PM-7:00PM					
<u>Drop-in Program</u>		(Cardio)					
Core			9:15AM-9:45AM				
<u>Drop-in Program</u>			(Strength and Endurance)				
Line Dancing			11:15AM-12:15PM				
Sign Up			(Cardio)				
yoga			5:30PM-6:30PM				
<u>Drop-in Program</u>			(Low Impact)				
Cycle and Core				9:00AM-10:00AM			
<u>Drop-in Program</u>				(Cardio)			
Group Centergy							8:30AM-9:30AM
<u>Drop-in Program</u>							(Low Impact)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gentle Yoga							11:00AM-12:00PM (Low Impact)
<u>Drop-in Program</u>							(Low Impact)