



## StarTech.com Community Centre, YMCA, & Library | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aquafit</b> <a href="#">Drop-in Program</a>	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)	8:00AM-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)
<b>Cycle</b> <a href="#">Drop-in Program</a>	9:00AM-9:45AM (Cardio)				9:00AM-9:45AM (Cardio)	9:00AM-9:45AM (Cardio)	
<b>Boot Camp</b> <a href="#">Drop-in Program</a>	10:00AM-10:45AM (Strength and Endurance)  6:30PM-7:15PM (Strength and Endurance)				9:00AM-9:45AM (Strength and Endurance)		
<b>Group Blast</b> <a href="#">Drop-in Program</a>	11:00AM-12:00PM (Cardio)						
<b>Group Active</b> <a href="#">Drop-in Program</a>	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)	
<b>Group Groove</b> <a href="#">Drop-in Program</a>	7:15PM-8:15PM (Cardio)						
<b>Light and Lively</b> <a href="#">Drop-in Program</a>		9:00AM-9:45AM (Low Impact)		9:00AM-9:45AM (Low Impact)			
<b>Strength and Stretch</b> <a href="#">Drop-in Program</a>		10:00AM-10:45AM (Strength and Endurance)					
<b>Turf Time</b> <a href="#">Drop-in Program</a>		10:30AM-11:15AM (Strength and Endurance)	6:30PM-7:15PM (Strength and Endurance)	10:30AM-11:15AM (Strength and Endurance)			
<b>Group Core</b> <a href="#">Drop-in Program</a>		5:30PM-6:00PM (Strength and Endurance)				11:00AM-11:30AM (Strength and Endurance)	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Group Fight</b> <a href="#">Drop-in Program</a>		6:00PM-7:00PM (Cardio)					
<b>Group Power</b> <a href="#">Drop-in Program</a>		7:00PM-8:00PM (Strength and Endurance)		10:00AM-11:00AM (Strength and Endurance)  6:00PM-7:00PM (Strength and Endurance)			
<b>Core</b> <a href="#">Drop-in Program</a>			9:00AM-9:45AM (Strength and Endurance)				
<b>Afro Dance</b> <a href="#">Sign Up</a>			7:15PM-8:15PM (Cardio)				
<b>Cycle and Core</b> <a href="#">Drop-in Program</a>				9:00AM-9:45AM (Cardio)			
<b>Yoga</b> <a href="#">Drop-in Program</a>							8:30AM-9:30AM (Low Impact)  7:45PM-8:45PM (Low Impact)
<b>Chair Yoga</b> <a href="#">Drop-in Program</a>							10:00AM-11:00AM (Low Impact)
<b>pilates</b> <a href="#">Drop-in Program</a>							6:30PM-7:30PM (Low Impact)