



StarTech.com Community Centre, YMCA, & Library | June 23rd - June 29th

	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)	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)
Light and Lively Drop-in Program		9:00AM-9:45AM (Low Impact)		9:00AM-9:45AM (Low Impact)			
Pickleball Drop-in Program		9:00AM-12:00PM (Cardio)	9:00AM-10:30AM (Cardio)	9:00AM-12:00PM (Cardio)	9:00AM-10:30AM (Cardio)		
Strength and Stretch Drop-in Program		10:00AM-10:45AM (Strength and Endurance)					
Turf Time Drop-in Program		10:30AM-11:15AM (Strength and Endurance)	6:30PM-7:15PM (Strength and Endurance)	10:00AM-11:15AM (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)					
Gentle Yoga Drop-in Program		6:45PM-7:45PM (Low Impact)					11:00AM-12:00PM (Low Impact)
Group Power Drop-in Program		7:00PM-8:00PM (Strength and Endurance)		6:00PM-7:00PM (Strength and Endurance)			10:00AM-11:00AM (Strength and Endurance)
Yoga Drop-in Program			8:30AM-9:30AM (Low Impact)	10:00AM-11:00AM (Low Impact)	8:30AM-9:30AM (Low Impact)	11:00AM-12:00PM (Low Impact)	
Core Drop-in Program			9:15AM-9:45AM (Strength and Endurance)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Active Drop-in Program			10:00AM-11:00AM (Cardio)		10:00AM-11:00AM (Cardio)	10:00AM-11:00AM (Cardio)	
Chair Yoga Drop-in Program			10:00AM-10:45AM (Low Impact)				
Cycle and Core Drop-in Program				10:00AM-11:00AM (Cardio)			
Cycle Drop-in Program					9:00AM-9:45AM (Cardio)	9:00AM-9:45AM (Cardio)	
Pilates Sign Up					6:45PM-7:45PM (Low Impact)		
Restorative Yoga Sign Up					8:00PM-9:00PM (Low Impact)		
Group Groove Drop-in Program						11:00AM-12:00PM (Cardio)	
Group Centergy Drop-in Program							8:30AM-9:30AM (Low Impact)