



StarTech.com Community Centre, YMCA, & Library | April 28th - May 4th

	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)	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) 5:30PM-6:30PM (Low Impact)	9:30AM-10:30AM (Low Impact)	8:30AM-9:30AM (Low Impact)	10:00AM-11:00AM (Low Impact)	8:30AM-9:30AM (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 Sign Up	9:00AM-10:30AM (Cardio) 10:30AM-12:00PM (Cardio)	9:00AM-12:00PM (Cardio)	9:00AM-10:30AM (Cardio) 10:30AM-12:00PM (Cardio)	9:00AM-12:00PM (Cardio)	9:00AM-10:30AM (Cardio) 10:30AM-12:00PM (Cardio)		
Boot Camp Drop-in Program	10:00AM-10:45AM (Strength and Endurance) 6:30PM-7:15PM (Strength and Endurance)						
Chair Yoga Sign Up	10:00AM-10:45AM (Low Impact) 10:00AM-10:45AM (Low Impact)	11:00AM-11:45AM (Low Impact)	10:00AM-10:45AM (Low Impact) 10:00AM-10:45AM (Low Impact)				
Kettlebell Sign Up	10:00AM-10:45AM (Strength and Endurance)	5:30PM-6:15PM (Strength and Endurance)	5:30PM-6:15PM (Strength and Endurance)				
Quantum Flow Sign Up	11:00AM-11:45AM (Low Impact)						
Group Active Drop-in Program	5:30PM-6:30PM (Cardio) 5:30PM-6:30PM (Cardio)		10:00AM-11:00AM (Cardio)		10:00AM-11:00AM (Cardio)	10:00AM-11:00AM (Cardio)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Light and Lively Drop-in Program		9:00AM-9:45AM (Low Impact)		9:00AM-9:45AM (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)	10:00AM-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)
Salsa and Merengue Couples Sign Up		6:45PM-7:45PM (Cardio)		6:45PM-7:45PM (Cardio)			
Group Power Drop-in Program		7:00PM-8:00PM (Strength and Endurance) 7:00PM-8:00PM (Strength and Endurance)		6:00PM-7:00PM (Strength and Endurance)			10:00AM-11:00AM (Strength and Endurance)
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)				
Line Dancing Sign Up			11:15AM-12:15PM (Cardio)				
Taekwondo Sign Up			6:00PM-7:00PM (Low Impact)				1:00PM-2:00PM (Low Impact)
Cycle and Core Drop-in Program				10:00AM-11:00AM (Cardio)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ballroom dancing Level 1 Sign Up				8:00PM-9:00PM (Cardio)			
Group Groove Drop-in Program						11:00AM-12:00PM (Cardio)	
Group Centergy Drop-in Program							8:30AM-9:30AM (Low Impact)