



## StarTech.com Community Centre, YMCA, & Library | January 12th - January 18th

	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)  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)		
<b>Yoga</b> <a href="#">Drop-in Program</a>	8:30AM-9:30AM (Low Impact)  7:45PM-8:45PM (Low Impact)	10:15AM-11:15AM (Low Impact)	8:30AM-9:30AM (Low Impact)  6:30PM-7:30PM (Low Impact)	6:30PM-7:30PM (Low Impact)	8:30AM-9:30AM (Low Impact)  7:45PM-8:45PM (Low Impact)	11:00AM-12:00PM (Low Impact)	
<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>Chair Yoga</b> <a href="#">Drop-in Program</a>	10:00AM-11:00AM (Low Impact)		10:00AM-11:00AM (Low Impact)		10:00AM-11:00AM (Low Impact)		
<b>Kettlebell</b> <a href="#">Sign Up</a>	10:00AM-11:00AM (Strength and Endurance)	5:30PM-6:30PM (Strength and Endurance)	5:30PM-6:30PM (Strength and Endurance)				
<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>Pilates</b> <a href="#">Drop-in Program</a>	6:30PM-7:30PM (Low Impact)	9:00AM-10:00AM (Low Impact)			6:30PM-7:30PM (Low Impact)		
<b>Group Groove</b> <a href="#">Drop-in Program</a>	7:15PM-8:15PM (Cardio)						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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)		7:15PM-8:00PM (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 Power</b> <a href="#">Drop-in Program</a>		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)
<b>Womens Only Fitness</b> <a href="#">Sign Up</a>		1:00PM-2:00PM (Cardio)		1:00PM-2:00PM (Cardio)			
<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>Group Fight</b> <a href="#">Drop-in Program</a>		6:00PM-7:00PM (Cardio)					
<b>Gentle Yoga</b> <a href="#">Drop-in Program</a>		6:45PM-7:45PM (Low Impact)					11:00AM-12:00PM (Low Impact)
<b>Core</b> <a href="#">Drop-in Program</a>			9:15AM-9:45AM (Strength and Endurance)				
<b>Cycle and Core</b> <a href="#">Drop-in Program</a>				9:00AM-10:00AM (Cardio)			
<b>Group Centergy</b> <a href="#">Drop-in Program</a>							8:30AM-9:30AM (Low Impact)