



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

	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)		
	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 Drop-in Program	8:30AM-9:30AM (Low Impact)	10:15AM-11:15AM (Low Impact)	8:30AM-9:30AM (Low Impact)	6:30PM-7:30PM (Low Impact)	8:30AM-9:30AM (Low Impact)	11:00AM-12:00PM (Low Impact)	
	7:45PM-8:45PM (Low Impact)		6:30PM-7:30PM (Low Impact)		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)	
Chair Yoga Drop-in Program	10:00AM-11:00AM (Low Impact)		10:00AM-11:00AM (Low Impact)		10:00AM-11:00AM (Low Impact)		
Kettlebell Sign Up	10:00AM-11:00AM (Strength and Endurance)	5:30PM-6:30PM (Strength and Endurance)	5:30PM-6:30PM (Strength and Endurance)				
Boot Camp Drop-in Program	10:00AM-10:45AM (Strength and Endurance)				9:00AM-9:45AM (Strength and Endurance)		
	6:30PM-7:15PM (Strength and Endurance)						
Group Blast Drop-in Program	11:00AM-12:00PM (Cardio)						
Group Active Drop-in Program	5:30PM-6:30PM (Cardio)		10:00AM-11:00AM (Cardio)		10:00AM-11:00AM (Cardio)	10:00AM-11:00AM (Cardio)	
			5:30PM-6:30PM (Cardio)				
Pilates Drop-in Program	6:30PM-7:30PM (Low Impact)	9:00AM-10:00AM (Low Impact)			6:30PM-7:30PM (Low Impact)		
Group Groove Drop-in Program	7:15PM-8:15PM (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)	10:30AM-11:15AM (Strength and Endurance)			
Group Power Drop-in Program		11:00AM-12:00PM (Strength and Endurance)		10:00AM-11:00AM (Strength and Endurance)			10:00AM-11:00AM (Strength and Endurance)
		7:00PM-8:00PM (Strength and Endurance)		6:00PM-7:00PM (Strength and Endurance)			
Womens Only Fitness Sign Up		1:00PM-2:00PM (Cardio)		1:00PM-2:00PM (Cardio)			
Group Core Drop-in Program		5:30PM-6:00PM (Strength and Endurance)				11:00AM-11:30AM (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)
Core Drop-in Program			9:15AM-9:45AM (Strength and Endurance)				
Cycle and Core Drop-in Program				9:00AM-10:00AM (Cardio)			
Group Centergy Drop-in Program							8:30AM-9:30AM (Low Impact)