



## StarTech.com Community Centre, YMCA, & Library | August 4th - August 10th

|                                                                | Monday                                                                                                                   | Tuesday                                                                                                                  | Wednesday                                                                    | Thursday                                                                     | Friday                                                                       | Saturday                        | Sunday                             |
|----------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------|---------------------------------|------------------------------------|
| <b>AquaFit</b><br><a href="#">Drop-in Program</a>              | 8:00AM-8:45AM<br>(Aquatic Fitness)<br><br>9:00AM-9:45AM<br>(Aquatic Fitness)<br><br>10:00AM-10:45AM<br>(Aquatic Fitness) | 8:00AM-8:45AM<br>(Aquatic Fitness)<br><br>9:00AM-9:45AM<br>(Aquatic Fitness)<br><br>10:00AM-10:45AM<br>(Aquatic Fitness) | 8:00AM-8:45AM<br>(Aquatic Fitness)<br><br>9:00AM-9:45AM<br>(Aquatic Fitness) | 8:00AM-8:45AM<br>(Aquatic Fitness)<br><br>9:00AM-9:45AM<br>(Aquatic Fitness) | 8:00AM-8:45AM<br>(Aquatic Fitness)<br><br>9:00AM-9:45AM<br>(Aquatic Fitness) |                                 | 8:30AM-9:15AM<br>(Aquatic Fitness) |
| <b>Yoga</b><br><a href="#">Drop-in Program</a>                 | 8:30AM-9:30AM<br>(Low Impact)                                                                                            | 6:45PM-7:45PM<br>(Low Impact)                                                                                            | 8:30AM-9:30AM<br>(Low Impact)<br><br>5:30PM-6:30PM<br>(Low Impact)           | 6:45PM-7:45PM<br>(Low Impact)                                                | 8:30AM-9:30AM<br>(Low Impact)                                                | 11:00AM-12:00PM<br>(Low Impact) | 11:00AM-12:00PM<br>(Low Impact)    |
| <b>Cycle</b><br><a href="#">Drop-in Program</a>                | 9:00AM-9:45AM<br>(Cardio)                                                                                                |                                                                                                                          |                                                                              |                                                                              | 9:00AM-9:45AM<br>(Cardio)                                                    | 9:00AM-9:45AM<br>(Cardio)       |                                    |
| <b>Chair Yoga</b><br><a href="#">Drop-in Program</a>           | 10:00AM-10:45AM<br>(Low Impact)                                                                                          |                                                                                                                          | 10:00AM-10:45AM<br>(Low Impact)                                              |                                                                              |                                                                              |                                 |                                    |
| <b>Boot Camp</b><br><a href="#">Drop-in Program</a>            | 10:00AM-10:45AM<br>(Strength and Endurance)<br><br>6:30PM-7:15PM<br>(Strength and Endurance)                             |                                                                                                                          |                                                                              |                                                                              |                                                                              |                                 |                                    |
| <b>Group Blast</b><br><a href="#">Drop-in Program</a>          | 11:00AM-12:00PM<br>(Cardio)                                                                                              |                                                                                                                          |                                                                              |                                                                              |                                                                              |                                 |                                    |
| <b>Light and Lively</b><br><a href="#">Drop-in Program</a>     |                                                                                                                          | 9:00AM-9:45AM<br>(Low Impact)                                                                                            |                                                                              | 9:00AM-9:45AM<br>(Low Impact)                                                |                                                                              |                                 |                                    |
| <b>Pickleball</b><br><a href="#">Drop-in Program</a>           |                                                                                                                          | 10:00AM-1:00PM<br>(Cardio)                                                                                               | 10:00AM-1:00PM<br>(Cardio)                                                   | 10:00AM-1:00PM<br>(Cardio)                                                   | 10:00AM-1:00PM<br>(Cardio)                                                   |                                 |                                    |
| <b>Strength and Stretch</b><br><a href="#">Drop-in Program</a> |                                                                                                                          | 10:00AM-10:45AM<br>(Strength and Endurance)                                                                              |                                                                              |                                                                              |                                                                              |                                 |                                    |
| <b>Turf Time</b><br><a href="#">Drop-in Program</a>            |                                                                                                                          | 10:30AM-11:15AM<br>(Strength and Endurance)                                                                              | 6:30PM-7:15PM<br>(Strength and Endurance)                                    | 10:30AM-11:30AM<br>(Strength and Endurance)                                  |                                                                              |                                 |                                    |

|                                                              | Monday | Tuesday                                   | Wednesday                                 | Thursday                                  | Friday                               | Saturday                    | Sunday                                      |
|--------------------------------------------------------------|--------|-------------------------------------------|-------------------------------------------|-------------------------------------------|--------------------------------------|-----------------------------|---------------------------------------------|
| <b>Group Core</b><br><a href="#">Drop-in Program</a>         |        | 5:30PM-6:00PM<br>(Strength and Endurance) |                                           |                                           |                                      |                             |                                             |
| <b>Kettlebell</b><br><a href="#">Sign Up</a>                 |        | 5:30PM-6:15PM<br>(Strength and Endurance) | 5:30PM-6:15PM<br>(Strength and Endurance) |                                           |                                      |                             |                                             |
| <b>Group Fight</b><br><a href="#">Drop-in Program</a>        |        | 6:00PM-7:00PM<br>(Cardio)                 |                                           |                                           |                                      |                             |                                             |
| <b>Salsa and Merengue Couples</b><br><a href="#">Sign Up</a> |        | 6:45PM-7:45PM<br>(Cardio)                 |                                           | 6:45PM-7:45PM<br>(Cardio)                 |                                      |                             |                                             |
| <b>Group Power</b><br><a href="#">Drop-in Program</a>        |        | 7:00PM-8:00PM<br>(Strength and Endurance) |                                           | 6:00PM-7:00PM<br>(Strength and Endurance) |                                      |                             | 10:00AM-11:00AM<br>(Strength and Endurance) |
| <b>Ballroom dancing Level 2</b><br><a href="#">Sign Up</a>   |        | 8:00PM-9:00PM<br>(Cardio)                 |                                           |                                           |                                      |                             |                                             |
| <b>Core</b><br><a href="#">Drop-in Program</a>               |        |                                           | 9:15AM-9:45AM<br>(Strength and Endurance) |                                           |                                      |                             |                                             |
| <b>Group Active</b><br><a href="#">Drop-in Program</a>       |        |                                           | 10:00AM-11:00AM<br>(Cardio)               |                                           | 10:00AM-11:00AM<br>(Cardio)          | 10:00AM-11:00AM<br>(Cardio) |                                             |
| <b>Line Dancing</b><br><a href="#">Sign Up</a>               |        |                                           | 11:00AM-12:00PM<br>(Cardio)               |                                           |                                      |                             |                                             |
| <b>Taekwondo</b><br><a href="#">Sign Up</a>                  |        |                                           | 6:30PM-7:15PM<br>(Low Impact)             |                                           |                                      |                             | 1:00PM-2:15PM<br>(Low Impact)               |
| <b>Cycle and Core</b><br><a href="#">Drop-in Program</a>     |        |                                           |                                           | 10:00AM-11:00AM<br>(Cardio)               |                                      |                             |                                             |
| <b>Swim-Able</b><br><a href="#">Registration Closed</a>      |        |                                           |                                           | 6:15PM-6:45PM<br>(Swim-Able)              |                                      |                             |                                             |
| <b>Ballroom dancing Level 1</b><br><a href="#">Sign Up</a>   |        |                                           |                                           | 8:00PM-9:00PM<br>(Cardio)                 |                                      |                             |                                             |
| <b>Aquafit Deep</b><br><a href="#">Drop-in Program</a>       |        |                                           |                                           |                                           | 10:00AM-10:45AM<br>(Aquatic Fitness) |                             |                                             |
| <b>Group Groove</b><br><a href="#">Drop-in Program</a>       |        |                                           |                                           |                                           |                                      | 11:00AM-12:00PM<br>(Cardio) |                                             |

|                                                   | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday                        |
|---------------------------------------------------|--------|---------|-----------|----------|--------|----------|-------------------------------|
| Group Centergy<br><a href="#">Drop-in Program</a> |        |         |           |          |        |          | 8:30AM-9:30AM<br>(Low Impact) |