



Stoney Creek Community Centre, YMCA & Library | December 5th - December 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit Drop-in Program	9:15AM-10:00AM (Adult Group Fitness (13+)) 12:00PM-12:45PM (Adult Group Fitness (13+))	12:00PM-12:45PM (Adult Group Fitness (13+))	9:15AM-10:00AM (Adult Group Fitness (13+)) 12:00PM-12:45PM (Adult Group Fitness (13+))	12:00PM-12:45PM (Adult Group Fitness (13+))	12:00PM-12:45PM (Adult Group Fitness (13+))	12:15PM-1:00PM (Adult Group Fitness (13+))	
Group Power Drop-in Program	9:15AM-10:15AM (Adult Group Fitness (13+)) 7:00PM-8:00PM (Adult Group Fitness (13+))	5:30PM-6:30PM (Adult Group Fitness (13+))	7:00PM-8:00PM (Adult Group Fitness (13+))		9:15AM-10:15AM (Adult Group Fitness (13+)) 5:30PM-6:30PM (Adult Group Fitness (13+))	10:00AM-11:00AM (Adult Group Fitness (13+))	
Yoga Drop-in Program	10:00AM-11:00AM (Adult Group Fitness (13+))		7:00PM-8:00PM (Adult Group Fitness (13+))			9:30AM-10:30AM (Adult Group Fitness (13+))	9:00AM-10:00AM (Adult Group Fitness (13+))
Cycle Drop-in Program	5:30PM-6:15PM (Adult Group Fitness (13+))		6:00PM-6:45PM (Adult Group Fitness (13+))	9:15AM-10:00AM (Adult Group Fitness (13+))		8:15AM-9:00AM (Adult Group Fitness (13+))	
Group Active Drop-in Program	5:30PM-6:30PM (Adult Group Fitness (13+))	11:00AM-12:00PM (Adult Group Fitness (13+))		11:00AM-12:00PM (Adult Group Fitness (13+))			9:00AM-10:00AM (Adult Group Fitness (13+))
Gentle Yoga Drop-in Program		9:15AM-10:15AM (Adult Group Fitness (13+))					
Group Blast Drop-in Program		9:15AM-10:15AM (Adult Group Fitness (13+)) 7:00PM-8:00PM (Adult Group Fitness (13+))		5:30PM-6:30PM (Adult Group Fitness (13+))		9:00AM-10:00AM (Adult Group Fitness (13+))	
Water Walking Drop-in Program		10:00AM-10:45AM (Adult Group Fitness (13+))		10:00AM-10:45AM (Adult Group Fitness (13+))			
Light and Lively Sign Up		11:00AM-11:45AM (Adult Group Fitness (13+))		11:00AM-11:45AM (Adult Group Fitness (13+))			
Group Centergy Drop-in Program		5:30PM-6:30PM (Adult Group Fitness (13+))	9:15AM-10:15AM (Adult Group Fitness (13+))				10:00AM-11:00AM (Adult Group Fitness (13+))

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp Drop-in Program			10:15AM-11:15AM (Adult Group Fitness (13+))				
Line Dancing Sign Up			1:00PM-2:00PM (Adult Group Fitness (13+)) 2:15PM-3:15PM (Adult Group Fitness (13+))				
Tai Chi Sign Up			4:00PM-5:00PM (Adult Group Fitness (13+))	8:00AM-9:00AM (Adult Group Fitness (13+))			
Group Fight Drop-in Program			5:30PM-6:30PM (Adult Group Fitness (13+))	9:15AM-10:15AM (Adult Group Fitness (13+))			10:00AM-11:00AM (Adult Group Fitness (13+))
Group Groove Drop-in Program				5:30PM-6:30PM (Adult Group Fitness (13+))		11:00AM-12:00PM (Adult Group Fitness (13+))	
Gentle Joints Drop-in Program					10:00AM-10:45AM (Adult Group Fitness (13+))		