



Stoney Creek Community Centre, YMCA & Library | July 28th - August 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Power Drop-in Program	9:15AM-10:15AM (Strength and Endurance) 7:00PM-8:00PM (Strength and Endurance)	5:30PM-6:30PM (Strength and Endurance)	7:00PM-8:00PM (Strength and Endurance)	7:00PM-8:00PM (Strength and Endurance)	9:15AM-10:15AM (Strength and Endurance) 9:15AM-10:15AM (Strength and Endurance) 5:30PM-6:30PM (Strength and Endurance) 5:30PM-6:30PM (Strength and Endurance)		
AquaFit Drop-in Program	9:15AM-10:00AM (Aquatic Fitness) 12:00PM-12:45PM (Aquatic Fitness)	12:00PM-12:45PM (Aquatic Fitness)	9:15AM-10:00AM (Aquatic Fitness) 12:00PM-12:45PM (Aquatic Fitness)	12:00PM-12:45PM (Aquatic Fitness)	12:00PM-12:45PM (Aquatic Fitness)	12:00PM-12:45PM (Aquatic Fitness)	
Light and Lively Sign Up	10:00AM-10:45AM (Low Impact) 10:00AM-10:45AM (Low Impact) 11:00AM-11:45AM (Low Impact) 11:00AM-11:45AM (Low Impact)	11:00AM-11:45AM (Low Impact) 11:00AM-11:45AM (Low Impact)	10:00AM-10:45AM (Low Impact) 10:00AM-10:45AM (Low Impact) 11:00AM-11:45AM (Low Impact) 11:00AM-11:45AM (Low Impact)	11:00AM-11:45AM (Low Impact) 11:00AM-11:45AM (Low Impact)			
Yoga Drop-in Program	10:00AM-11:00AM (Low Impact) 7:00PM-8:00PM (Low Impact)		7:00PM-8:00PM (Low Impact)			9:00AM-10:00AM (Low Impact)	9:00AM-10:00AM (Low Impact)
Water Walking Drop-in Program	10:00AM-10:45AM (Aquatic Fitness)	10:00AM-10:45AM (Aquatic Fitness)		10:00AM-10:45AM (Aquatic Fitness)			
Group Active Drop-in Program	5:30PM-6:30PM (Cardio)	11:00AM-12:00PM (Cardio)		11:00AM-12:00PM (Cardio) 11:00AM-12:00PM (Cardio) 5:30PM-6:30PM (Cardio)	8:00AM-9:00AM (Cardio)		9:00AM-10:00AM (Cardio)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Drop-in Program	6:00PM-6:45PM (Cardio)			9:15AM-10:00AM (Cardio)		8:15AM-9:00AM (Cardio)	
Cycle, Strength and Stretch Drop-in Program		6:15AM-7:00AM (Strength and Endurance)					
Group Blast Drop-in Program		9:15AM-10:15AM (Cardio)		7:00PM-8:00PM (Cardio)		9:00AM-10:00AM (Cardio)	
Gentle Yoga Drop-in Program		9:15AM-10:15AM (Low Impact)					
Group Centergy Drop-in Program		7:00PM-8:00PM (Low Impact)	9:15AM-10:15AM (Low Impact)		9:15AM-10:15AM (Low Impact)		10:00AM-11:00AM (Low Impact)
Boot Camp Drop-in Program			6:15AM-7:00AM (Strength and Endurance) 10:15AM-11:00AM (Strength and Endurance)			8:10AM-8:55AM (Strength and Endurance)	
Gentle Joints Drop-in Program			10:00AM-10:45AM (Aquatic Fitness)		10:00AM-10:45AM (Aquatic Fitness)		
Line Dancing Sign Up			12:00PM-1:00PM (Cardio) 1:15PM-2:15PM (Cardio)				
line Dancing Sign Up			2:30PM-3:30PM (Cardio)				
Group Fight Drop-in Program			5:30PM-6:30PM (Cardio)	9:15AM-10:15AM (Cardio)			
Tai Chi Sign Up				7:45AM-8:45AM (Low Impact)			
Chair Yoga Sign Up				9:15AM-10:15AM (Low Impact)			
Group Groove Sign Up				5:30PM-6:30PM (Cardio)		11:00AM-12:00PM (Cardio)	
group Power Drop-in Program						10:00AM-11:00AM (Cardio)	

