



Strathroy-Caradoc Family YMCA | January 12th - January 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit Training Drop-in Program	10:00AM-10:45AM (Strength and Endurance)						
Light and Lively Drop-in Program	11:00AM-11:45AM (Low Impact)						
Cycle Drop-in Program	6:00PM-6:45PM (Cardio)			7:00AM-7:30AM (Cardio)		9:00AM-9:45AM (Cardio)	
Kettlebell Drop-in Program	7:00PM-7:45PM (Strength and Endurance)					10:00AM-10:45AM (Strength and Endurance)	
Meditation Drop-in Program		9:15AM-9:50AM (Low Impact)					
Pilates Drop-in Program		10:00AM-10:45AM (Low Impact)					
Suspension Training Drop-in Program		6:00PM-6:45PM (Strength and Endurance)					
Mindful Movements Drop-in Program		7:00PM-7:45PM (Low Impact)					
Active Agers Drop-in Program			10:00AM-10:45AM (Low Impact)				
Dance Fit Drop-in Program			6:00PM-6:45PM (Cardio)	11:00AM-11:45AM (Cardio)			
Total Body Conditioning Drop-in Program			7:00PM-7:45PM (Strength and Endurance)				
Yoga Drop-in Program				10:00AM-10:45AM (Low Impact)			
				7:00PM-7:45PM (Low Impact)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Barbell Fit <u>Drop-in Program</u>				6:00PM-6:45PM (Strength and Endurance)			
Core Strength and Stretch <u>Drop-in Program</u>					10:00AM-10:45AM (Strength and Endurance)		
Strength and Stretch <u>Drop-in Program</u>							10:00AM-10:45AM (Strength and Endurance)