

Strathroy-Caradoc Family YMCA | November 17th - November 23rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit Training	10:00AM-10:45AM						
<u>Drop-in Program</u>	(Strength and Endurance)						
Light and Lively	11:00AM-11:45AM						
<u>Drop-in Program</u>	(Low Impact)						
Learn to Run	6:00PM-6:45PM (Learn to Run)						
Sign Up	(Learn to Run)						
Cycle	6:00PM-6:45PM (Cardio)					9:00AM-9:45AM (Cardio)	
<u>Drop-in Program</u>	(Cardio)					(Cardio)	
Kettlebell	7:00PM-7:45PM		7:00PM-7:45PM			10:00AM-10:45AM	
<u>Drop-in Program</u>	(Strength and Endurance)	(5)	(Strength and Endurance)			(Strength and Endurance)	
Meditation		9:00AM-9:45AM					
<u>Drop-in Program</u>		(Low Impact)					
Pilates		10:00AM-10:45AM (Low Impact)					
<u>Drop-in Program</u>		(LOW IIIIpact)					
Suspension Training		6:00PM-6:45PM (Strength and Endurance)					
<u>Drop-in Program</u>							
Core Strength and Stretch		7:00PM-7:45PM (Strength and Endurance)					
<u>Drop-in Program</u>							
Active Agers			10:00AM-10:45AM				
<u>Drop-in Program</u>			(Low Impact)				
Dance Fit			6:00PM-6:45PM	11:00AM-11:45AM			
<u>Drop-in Program</u>			(Cardio)	(Cardio)			
Yoga				10:00AM-10:45AM			
<u>Drop-in Program</u>				(Low Impact)			
				7:00PM-7:45PM (Low Impact)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Barbell Fit				6:00PM-6:45PM (Strength and Endurance)			
<u>Drop-in Program</u>				(
Strength and Stretch					10:00AM-10:45AM (Strength and Endurance)		10:00AM-10:45AM (Strength and Endurance)
<u>Drop-in Program</u>					(Carangan and Endanding)		(0.0.00)