



## Strathroy-Caradoc Family YMCA | August 11th - August 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Circuit Training</b> <a href="#">Drop-in Program</a>	10:00AM-10:45AM (Strength and Endurance)						
<b>Light and Lively</b> <a href="#">Drop-in Program</a>	11:00AM-11:45AM (Low Impact)						
<b>Cycle</b> <a href="#">Drop-in Program</a>	6:00PM-6:45PM (Cardio)			7:00AM-7:30AM (Cardio)		9:00AM-9:45AM (Cardio)	
<b>Kettlebell</b> <a href="#">Drop-in Program</a>	7:00PM-7:45PM (Strength and Endurance)					10:00AM-10:45AM (Strength and Endurance)	
<b>Suspension Training</b> <a href="#">Drop-in Program</a>		6:00PM-6:45PM (Strength and Endurance)					
<b>Core Strength and Stretch</b> <a href="#">Drop-in Program</a>		7:00PM-7:45PM (Strength and Endurance)					
<b>Active Agers</b> <a href="#">Drop-in Program</a>			10:00AM-10:45AM (Low Impact)				
<b>Dance Fit</b> <a href="#">Drop-in Program</a>			6:00PM-6:45PM (Cardio)	11:00AM-11:45AM (Cardio)			
<b>Total Body Conditioning</b> <a href="#">Drop-in Program</a>			7:00PM-7:45PM (Strength and Endurance)				
<b>Yoga</b> <a href="#">Drop-in Program</a>				10:00AM-10:45AM (Low Impact)  7:00PM-7:45PM (Low Impact)			
<b>Barbell Fit</b> <a href="#">Drop-in Program</a>				6:00PM-6:45PM (Strength and Endurance)			
<b>Strength and Stretch</b> <a href="#">Drop-in Program</a>							11:00AM-11:45AM (Strength and Endurance)

