



Woodstock YMCA | December 5th - December 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Drop-in Program	9:30AM-10:30AM (Adult Group Fitness (13+))	5:30PM-6:00PM (Adult Group Fitness (13+))				9:30AM-10:30AM (Adult Group Fitness (13+))	
Light and Lively Drop-in Program	10:30AM-11:30AM (Adult Group Fitness (13+))		10:00AM-11:00AM (Adult Group Fitness (13+))				
Floor Hockey Drop-in Program	12:30PM-2:00PM (Adult Group Fitness (13+))		12:30PM-2:00PM (Adult Group Fitness (13+))		12:30PM-2:00PM (Adult Group Fitness (13+))		
Group Fight Drop-in Program	6:00PM-7:00PM (Adult Group Fitness (13+))						
Yoga Drop-in Program		6:00PM-6:30PM (Adult Group Fitness (13+))					
Group Centergy Drop-in Program		6:30PM-7:30PM (Adult Group Fitness (13+))					
Group Groove Drop-in Program			6:00PM-7:00PM (Adult Group Fitness (13+))				
Group Active Drop-in Program				9:30AM-10:30AM (Adult Group Fitness (13+))			
Group Power Drop-in Program				6:30PM-7:30PM (Adult Group Fitness (13+))			
Strength and Stretch Drop-in Program					10:00AM-11:00AM (Adult Group Fitness (13+))		