



**Woodstock YMCA | April 15th - April 21st**

|  | Monday                     | Tuesday                        | Wednesday                 | Thursday                   | Friday | Saturday | Sunday |
|--|----------------------------|--------------------------------|---------------------------|----------------------------|--------|----------|--------|
| <b>Cycle</b><br><a href="#">Drop-in Program</a>          | 9:30AM-10:30AM<br>(Cardio) |                                |                           |                            |        |          |        |
| <b>Group Fight</b><br><a href="#">Drop-in Program</a>    | 6:00PM-7:00PM<br>(Cardio)  |                                |                           |                            |        |          |        |
| <b>Yoga</b><br><a href="#">Drop-in Program</a>           |                            | 9:30AM-10:30AM<br>(Low Impact) |                           |                            |        |          |        |
| <b>Group Centergy</b><br><a href="#">Drop-in Program</a> |                            | 6:30PM-7:30PM<br>(Low Impact)  |                           |                            |        |          |        |
| <b>Group Groove</b><br><a href="#">Drop-in Program</a>   |                            |                                | 6:00PM-7:00PM<br>(Cardio) |                            |        |          |        |
| <b>Group Active</b><br><a href="#">Drop-in Program</a>   |                            |                                |                           | 9:30AM-10:30AM<br>(Cardio) |        |          |        |