



Woodstock YMCA | August 11th - August 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Drop-in Program	9:30AM-10:30AM (Cardio)						
Yoga Drop-in Program		9:30AM-10:30AM (Low Impact)					
Total Body Conditioning Drop-in Program		10:30AM-11:30AM (Strength and Endurance)	9:00AM-10:00AM (Strength and Endurance)	9:00AM-10:00AM (Strength and Endurance)		9:00AM-10:00AM (Strength and Endurance)	
Light and Lively Drop-in Program			10:00AM-11:00AM (Low Impact)	10:00AM-11:00AM (Low Impact)			
Chairfit Drop-in Program			11:00AM-11:45AM (Low Impact)	11:00AM-11:45AM (Low Impact)			