



## Centre Branch YMCA | July 1st - July 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Power</b> <a href="#">Drop-in Program</a>		9:30AM-10:30AM (Strength and Endurance)	12:00PM-1:00PM (Strength and Endurance)  5:30PM-6:30PM (Strength and Endurance)	9:30AM-10:30AM (Strength and Endurance)			
<b>Yoga</b> <a href="#">Drop-in Program</a>		10:45AM-11:45AM (Low Impact)		10:45AM-11:45AM (Low Impact)  7:00PM-8:00PM (Low Impact)			
<b>Aquafit</b> <a href="#">Drop-in Program</a>		12:00PM-12:45PM (Aquatic Fitness)	12:00PM-12:45PM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)	10:00AM-10:45AM (Aquatic Fitness)		
<b>Group Active</b> <a href="#">Drop-in Program</a>		5:30PM-6:30PM (Cardio)	9:30AM-10:30AM (Cardio)	5:30PM-6:30PM (Cardio)	9:30AM-10:30AM (Cardio)		
<b>Drop In Squash</b> <a href="#">Drop-in Program</a>		7:00PM-8:45PM (Cardio)  7:00PM-8:45PM (Cardio)					
<b>Group Centergy</b> <a href="#">Drop-in Program</a>		7:00PM-8:00PM (Low Impact)			10:45AM-11:45AM (Low Impact)		
<b>Cycle</b> <a href="#">Drop-in Program</a>			9:30AM-10:30AM (Cardio)		9:30AM-10:30AM (Cardio)		
<b>Aquafit Deep</b> <a href="#">Drop-in Program</a>			5:30PM-6:15PM (Aquatic Fitness)				
<b>Run Club-Springbank Park</b> <a href="#">Drop-in Program</a>							10:00AM-11:00AM (Learn to Run)