



## Chatham-Kent YMCA | July 1st - July 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aquafit</b> <a href="#">Drop-in Program</a>		9:00AM-9:45AM (Aquatic Fitness)  11:00AM-11:45AM (Aquatic Fitness)  6:45PM-7:30PM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)  11:00AM-11:45AM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)  11:00AM-11:45AM (Aquatic Fitness)  6:45PM-7:30PM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)  11:00AM-11:45AM (Aquatic Fitness)		
<b>Group Active</b> <a href="#">Drop-in Program</a>		9:30AM-10:30AM (Cardio)		5:15PM-6:15PM (Cardio)			
<b>Total Body Conditioning</b> <a href="#">Drop-in Program</a>		12:10PM-12:55PM (Strength and Endurance)		12:10PM-12:55PM (Strength and Endurance)			
<b>Group Fight</b> <a href="#">Drop-in Program</a>		5:15PM-6:15PM (Cardio)					
<b>Suspension Training</b> <a href="#">Drop-in Program</a>		6:30PM-7:15PM (Strength and Endurance)					
<b>Restorative Yoga</b> <a href="#">Sign Up</a>		7:30PM-8:30PM (Low Impact)					
<b>Group Centergy</b> <a href="#">Drop-in Program</a>			9:30AM-10:30AM (Low Impact)				
<b>Zumba</b> <a href="#">Drop-in Program</a>			5:15PM-6:15PM (Cardio)		10:30AM-11:30AM (Cardio)		
<b>Group Power</b> <a href="#">Drop-in Program</a>				9:30AM-10:30AM (Strength and Endurance)		9:30AM-10:30AM (Strength and Endurance)	
<b>Gentle Yoga</b> <a href="#">Drop-in Program</a>				1:10PM-1:55PM (Low Impact)			
<b>Turf Time</b> <a href="#">Drop-in Program</a>				6:30PM-7:15PM (Cardio)			9:30AM-10:30AM (Cardio)

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Cycle</b> <a href="#">Drop-in Program</a>					9:30AM-10:15AM (Cardio)		