



Chatham-Kent YMCA | November 18th - November 24th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|--|--|--------|
| Aquafit Drop-in Program | 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) | 11:00AM-11:45AM (Aquatic Fitness) 6:45PM-7:30PM (Aquatic Fitness) | 9:00AM-9:45AM (Aquatic Fitness) 11:00AM-11:45AM (Aquatic Fitness) | | |
| Group Core Drop-in Program | 9:30AM-10:00AM (Strength and Endurance) | | | | | | |
| Chairfit Drop-in Program | 10:00AM-10:45AM (Low Impact) | | | | | | |
| Cycle Drop-in Program | 10:15AM-10:45AM (Cardio) | 6:30PM-7:15PM (Cardio) | 12:15PM-12:45PM (Cardio) | | | 8:15AM-9:15AM (Cardio) | |
| Essentrics Drop-in Program | 12:00PM-1:00PM (Low Impact) | | | | 9:30AM-10:30AM (Low Impact) | | |
| Low Impact Cardio Dance Drop-in Program | 1:10PM-1:55PM (Cardio) | | | | | | |
| Group Centergy Drop-in Program | 5:15PM-6:15PM (Low Impact) | | 9:30AM-10:30AM (Low Impact) | | | | |
| Group Power Drop-in Program | 6:30PM-7:30PM (Strength and Endurance) | | | 9:30AM-10:30AM (Strength and Endurance) | | 9:30AM-10:30AM (Strength and Endurance) | |
| Group Active Drop-in Program | | 9:30AM-10:30AM (Cardio) | | 5:15PM-6:15PM (Cardio) | | | |
| Power Yoga Drop-in Program | | 10:30AM-11:30AM (Low Impact) | | | | | |
| Total Body Conditioning Drop-in Program | | 12:10PM-12:55PM (Strength and Endurance) | | 12:10PM-12:55PM (Strength and Endurance) | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------------|---------------------------|---|------------------------------------|--|-----------------|---|
| Zumba Drop-in Program | | 1:00PM-2:00PM (Cardio) | 5:15PM-6:15PM (Cardio) | | 10:30AM-11:30AM (Cardio) | | |
| Group Fight Drop-in Program | | 5:15PM-6:15PM (Cardio) | | | | | |
| Turf Time Drop-in Program | | | 6:30PM-7:15PM (Strength and Endurance) | | | | 10:30AM-11:15AM (Strength and Endurance) |
| Gentle Aquafit Drop-in Program | | | | 9:00AM-9:45AM (Aquatic Fitness) | | | |
| Chair Yoga Drop-in Program | | | | 10:00AM-10:45AM (Low Impact) | | | |
| Gentle Yoga Drop-in Program | | | | 1:10PM-1:55PM (Low Impact) | | | |
| TRX Drop-in Program | | | | | 9:30AM-10:15AM (Strength and Endurance) | | |