



## East Lambton YMCA | March 24th - March 30th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Restorative Yoga</b> <a href="#">Drop-in Program</a>	10:00AM-11:00AM (Low Impact)						
<b>Total Body Conditioning</b> <a href="#">Drop-in Program</a>	6:00PM-7:00PM (Strength and Endurance)						
<b>Stretch</b> <a href="#">Drop-in Program</a>	7:00PM-7:30PM (Low Impact)						
<b>Chair Yoga</b> <a href="#">Drop-in Program</a>		10:00AM-11:00AM (Low Impact)					
<b>Baby and me fitness</b> <a href="#">Sign Up</a>		11:00AM-12:00PM (Cardio)					
<b>Yoga</b> <a href="#">Drop-in Program</a>		6:00PM-7:00PM (Low Impact)				11:00AM-12:00PM (Low Impact)	
<b>Pilates</b> <a href="#">Drop-in Program</a>		7:00PM-8:00PM (Low Impact)			11:00AM-12:00PM (Low Impact)		
<b>Light and Lively</b> <a href="#">Drop-in Program</a>			10:00AM-11:00AM (Low Impact)		10:00AM-11:00AM (Low Impact)		
<b>Turf Time</b> <a href="#">Drop-in Program</a>			6:00PM-7:00PM (Strength and Endurance)				