



East Lambton YMCA | November 18th - November 24th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---------------------------------|---|---|---------------------------------|---------------------------------|--------|
| Restorative Yoga Drop-in Program | 10:00AM-11:00AM (Low Impact) | | | | | | |
| Total Body Conditioning Drop-in Program | 6:00PM-7:00PM (Strength and Endurance) | | | 6:30AM-7:15AM (Strength and Endurance) | | | |
| Stretch Drop-in Program | 7:00PM-7:30PM (Low Impact) | | | | | | |
| Baby and me fitness Sign Up | | 9:00AM-10:00AM (Cardio) | | | | | |
| Chair Yoga Drop-in Program | | 10:00AM-11:00AM (Low Impact) | | | | | |
| Yoga Drop-in Program | | 6:00PM-7:00PM (Low Impact) | | | | 10:00AM-11:00AM (Low Impact) | |
| Pilates Drop-in Program | | 7:00PM-8:00PM (Low Impact) | | | 11:00AM-12:00PM (Low Impact) | | |
| Light and Lively Drop-in Program | | | 10:00AM-11:00AM (Low Impact) | | 10:00AM-11:00AM (Low Impact) | | |
| Turf Time Drop-in Program | | | 6:00PM-7:00PM (Strength and Endurance) | | | | |