



Family YMCA of St.Thomas-Elgin | March 24th - March 30th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Active Drop-in Program	6:05AM-7:05AM (Cardio) 8:15AM-9:15AM (Cardio)	8:15AM-9:15AM (Cardio) 6:45PM-7:45PM (Cardio)	8:15AM-9:15AM (Cardio)	5:30PM-6:30PM (Cardio)			
Aquafit Drop-in Program	8:30AM-9:15AM (Aquatic Fitness) 4:30PM-5:15PM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness) 11:15AM-12:00PM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness) 7:00PM-7:45PM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness) 11:15AM-12:00PM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness)	
Group Power Drop-in Program	9:30AM-10:30AM (Strength and Endurance)	6:05AM-7:05AM (Strength and Endurance) 5:30PM-6:30PM (Strength and Endurance)	9:30AM-10:30AM (Strength and Endurance)	7:00PM-8:00PM (Strength and Endurance)	6:05AM-7:05AM (Strength and Endurance)		
Chairfit Drop-in Program	9:30AM-10:15AM (Low Impact)		9:30AM-10:15AM (Low Impact)		9:30AM-10:15AM (Low Impact)		
Yoga Drop-in Program	10:30AM-11:30AM (Low Impact)	9:30AM-10:30AM (Low Impact)		10:00AM-11:00AM (Low Impact) 7:00PM-8:00PM (Low Impact)			
Group Blast Drop-in Program	5:30PM-6:30PM (Cardio)			6:05AM-7:05AM (Cardio)		8:15AM-9:15AM (Cardio)	
Group Centergy Drop-in Program	6:45PM-7:45PM (Low Impact)	9:30AM-10:30AM (Low Impact)	6:45PM-7:45PM (Low Impact)				9:30AM-10:15AM (Low Impact)
Aquafit Deep Drop-in Program	7:00PM-7:45PM (Aquatic Fitness)		4:30PM-5:15PM (Aquatic Fitness)				
Group Core Drop-in Program		5:00PM-5:30PM (Strength and Endurance)				9:30AM-10:00AM (Strength and Endurance)	
Chair Yoga Drop-in Program			10:30AM-11:15AM (Low Impact)				
Kettlebell Drop-in Program			5:15PM-6:00PM (Strength and Endurance)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Groove Drop-in Program			5:30PM-6:30PM (Cardio)				
Cycle Drop-in Program				9:00AM-9:45AM (Cardio)			
Strength and Stretch Drop-in Program				9:30AM-10:15AM (Strength and Endurance)			
Pilates Drop-in Program				6:00PM-6:45PM (Low Impact)			
Yin Yoga Drop-in Program					10:45AM-11:45AM (Low Impact)		
Tai Chi Drop-in Program					5:30PM-6:15PM (Low Impact)		
TRX Drop-in Program						10:00AM-10:30AM (Strength and Endurance)	