



## Family YMCA of St.Thomas-Elgin | July 1st - July 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Power</b> <a href="#">Drop-in Program</a>		6:05AM-7:00AM (Strength and Endurance)  5:30PM-6:30PM (Strength and Endurance)	9:30AM-10:30AM (Strength and Endurance)	6:05AM-7:00AM (Strength and Endurance)			
<b>Group Active</b> <a href="#">Drop-in Program</a>		8:15AM-9:15AM (Cardio)  6:45PM-7:45PM (Cardio)	8:15AM-9:15AM (Cardio)		8:15AM-9:15AM (Cardio)		
<b>Aquafit</b> <a href="#">Drop-in Program</a>		8:30AM-9:15AM (Aquatic Fitness)  11:15AM-12:00PM (Aquatic Fitness)	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)	8:30AM-9:15AM (Aquatic Fitness)	
<b>Group Centergy</b> <a href="#">Drop-in Program</a>		9:30AM-10:30AM (Low Impact)	6:45PM-7:45PM (Low Impact)				9:30AM-10:30AM (Low Impact)
<b>Yoga</b> <a href="#">Drop-in Program</a>		9:30AM-10:30AM (Low Impact)		7:00PM-8:00PM (Low Impact)			
<b>Strength and Stretch</b> <a href="#">Drop-in Program</a>			9:30AM-10:15AM (Low Impact)	9:30AM-10:15AM (Low Impact)	9:30AM-10:15AM (Low Impact)		
<b>Chair Yoga</b> <a href="#">Drop-in Program</a>			10:30AM-11:15AM (Low Impact)				
<b>Group Blast</b> <a href="#">Drop-in Program</a>			5:30PM-6:30PM (Cardio)			8:15AM-9:15AM (Cardio)	
<b>Cycle</b> <a href="#">Drop-in Program</a>				9:00AM-9:45AM (Cardio)			
<b>Group Groove</b> <a href="#">Drop-in Program</a>				10:00AM-11:00AM (Cardio)			
<b>Power Yoga</b> <a href="#">Drop-in Program</a>				11:15AM-12:15PM (Low Impact)			

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<b>Paddleboard Pilates</b> <a href="#">Sign Up</a>				4:30PM-5:15PM (Aquatic Fitness)  5:30PM-6:15PM (Aquatic Fitness)			
<b>Group Core</b> <a href="#">Drop-in Program</a>						9:30AM-10:00AM (Strength and Endurance)	
<b>TRX</b> <a href="#">Drop-in Program</a>						10:00AM-10:30AM (Strength and Endurance)	