



Goderich Huron YMCA | January 27th - February 2nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Baby and me fitness Drop-in Program	8:00AM-8:45AM (Cardio) 11:15AM-12:00PM (Cardio)		8:00AM-8:45AM (Cardio)				
Aquafit Drop-in Program	9:00AM-9:45AM (Aquatic Fitness) 6:30PM-7:15PM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)		
Group Power Drop-in Program	9:00AM-10:00AM (Strength and Endurance)						
Strength and Stretch Drop-in Program	10:15AM-11:00AM (Strength and Endurance)				10:00AM-11:00AM (Strength and Endurance)		
Yoga Drop-in Program	4:30PM-5:30PM (Low Impact)	7:15PM-8:00PM (Low Impact)	10:15AM-11:00AM (Low Impact) 7:15PM-8:15PM (Low Impact)	7:15PM-8:00PM (Low Impact)		10:15AM-11:15AM (Low Impact)	
Group Blast Drop-in Program	6:00PM-7:00PM (Cardio)						
Total Body Conditioning Drop-in Program		6:45AM-7:45AM (Strength and Endurance)		6:45AM-7:45AM (Strength and Endurance)			
Group Active Drop-in Program		8:00AM-9:00AM (Cardio)		9:00AM-10:00AM (Cardio)			
TRX Drop-in Program		9:15AM-10:00AM (Strength and Endurance)			9:00AM-9:45AM (Strength and Endurance)		11:30AM-12:15PM (Strength and Endurance)
Gentle Yoga Drop-in Program		10:15AM-11:15AM (Low Impact)		10:15AM-11:15AM (Low Impact)			
Group Fight Drop-in Program		6:00PM-7:00PM (Cardio)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Drop-in Program			6:30AM-7:15AM (Cardio)	6:30PM-7:15PM (Cardio)	6:30AM-7:15AM (Cardio)		
Step Drop-in Program			9:00AM-9:45AM (Cardio)				
Cardio Dance Drop-in Program			6:00PM-7:00PM (Cardio)			9:00AM-10:00AM (Cardio)	
Dance Fit Drop-in Program				11:30AM-12:00PM (Cardio)			
Paddleboard Pilates Sign Up				7:15PM-8:00PM (Aquatic Fitness)			
Stretch Drop-in Program					11:00AM-11:30AM (Low Impact)		
Restorative Yoga Drop-in Program							10:15AM-11:15AM (Low Impact)