



Goderich Huron YMCA | July 1st - July 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Conditioning Drop-in Program		6:45AM-7:45AM (Strength and Endurance)		6:45AM-7:45AM (Strength and Endurance)			
Aquafit Drop-in Program		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 Active Drop-in Program		9:00AM-10:00AM (Cardio)	6:30AM-7:30AM (Cardio)	9:00AM-10:00AM (Cardio)			8:45AM-9:45AM (Cardio)
Strength and Stretch Drop-in Program		9:00AM-9:45AM (Low Impact)			10:30AM-11:30AM (Low Impact)		
Gentle Yoga Drop-in Program		10:15AM-11:15AM (Low Impact)		10:15AM-11:15AM (Low Impact)			
Group Fight Drop-in Program		5:30PM-6:30PM (Cardio)					
Yoga Drop-in Program		5:30PM-6:30PM (Low Impact)	10:15AM-11:15AM (Low Impact) 6:30PM-7:30PM (Low Impact)	6:45PM-7:45PM (Low Impact)		10:15AM-11:15AM (Low Impact)	
Step Drop-in Program			9:00AM-9:45AM (Cardio)				
Cardio Dance Drop-in Program			5:30PM-6:15PM (Cardio)			9:00AM-10:00AM (Cardio)	
Group Blast Drop-in Program				5:30PM-6:30PM (Cardio)			
TRX Drop-in Program					9:00AM-9:45AM (Strength and Endurance)		1:00PM-1:45PM (Strength and Endurance)