



## Lambton Shores YMCA | July 1st - July 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle, Strength and Stretch</b> <a href="#">Drop-in Program</a>		6:00AM-7:00AM (Strength and Endurance)		6:00AM-7:00AM (Strength and Endurance)			
<b>Strength and Stretch</b> <a href="#">Drop-in Program</a>		9:00AM-10:00AM (Low Impact)					
<b>Total Body Conditioning</b> <a href="#">Drop-in Program</a>			8:00AM-8:45AM (Strength and Endurance)				
<b>Group Fight</b> <a href="#">Drop-in Program</a>			9:00AM-9:45AM (Cardio)				
<b>Core Strength and Stretch</b> <a href="#">Drop-in Program</a>			6:00PM-7:00PM (Strength and Endurance)				
<b>Light and Lively</b> <a href="#">Drop-in Program</a>				9:00AM-10:00AM (Low Impact)			
<b>Circuit Training</b> <a href="#">Drop-in Program</a>					8:00AM-8:45AM (Strength and Endurance)		
<b>Cycle</b> <a href="#">Drop-in Program</a>						8:15AM-8:45AM (Cardio)	
<b>Group Power</b> <a href="#">Drop-in Program</a>						9:00AM-10:00AM (Strength and Endurance)	
<b>Group Centergy</b> <a href="#">Drop-in Program</a>							8:15AM-9:15AM (Low Impact)