



North Middlesex YMCA | July 1st - July 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Power Drop-in Program		9:30AM-10:30AM (Strength and Endurance)		6:00PM-7:00PM (Strength and Endurance)			
Group Centergy Drop-in Program			9:30AM-10:30AM (Low Impact)				
Walking to Fitness Drop-in Program			10:00AM-11:00AM (Cardio)		10:00AM-11:00AM (Cardio)		
Cycle Drop-in Program			6:00PM-6:30PM (Cardio)				
Group Groove Drop-in Program				9:30AM-10:30AM (Cardio)			
Group Active Drop-in Program					9:30AM-10:30AM (Cardio)		