



## Petrolia YMCA | July 1st - July 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Turf Time</b> <a href="#">Drop-in Program</a>		6:15AM-7:00AM (Cardio)					
<b>Aquafit</b> <a href="#">Drop-in Program</a>		8:15AM-9:00AM (Aquatic Fitness)	8:15AM-9:00AM (Aquatic Fitness)  2:15PM-3:00PM (Aquatic Fitness)	8:15AM-9:00AM (Aquatic Fitness)	8:15AM-9:00AM (Aquatic Fitness)		9:00AM-9:45AM (Aquatic Fitness)
<b>Light and Lively</b> <a href="#">Drop-in Program</a>		9:15AM-10:00AM (Low Impact)		9:15AM-10:00AM (Low Impact)			
<b>Circuit Training</b> <a href="#">Drop-in Program</a>		5:15PM-5:45PM (Strength and Endurance)					
<b>Cycle</b> <a href="#">Drop-in Program</a>		6:00PM-6:45PM (Cardio)	6:15AM-7:00AM (Cardio)			8:00AM-8:45AM (Cardio)	
<b>Yoga</b> <a href="#">Drop-in Program</a>			9:15AM-10:00AM (Low Impact)	7:10AM-7:40AM (Low Impact)	9:15AM-10:15AM (Low Impact)		
<b>Barbell Fit</b> <a href="#">Drop-in Program</a>			5:45PM-6:30PM (Strength and Endurance)				
<b>Total Body Conditioning</b> <a href="#">Drop-in Program</a>				6:15AM-7:00AM (Strength and Endurance)		9:00AM-9:45AM (Strength and Endurance)	
<b>Cycle, Strength and Stretch</b> <a href="#">Drop-in Program</a>				6:45PM-7:45PM (Strength and Endurance)			
<b>Boot Camp</b> <a href="#">Drop-in Program</a>					6:15AM-7:00AM (Strength and Endurance)		