



Petrolia YMCA | March 24th - March 30th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|---|---------------------------|------------------------------------|
| Cycle Drop-in Program | 6:15AM-7:00AM (Cardio) | 5:15PM-6:00PM (Cardio) | 6:15AM-7:00AM (Cardio) | | | 8:00AM-8:45AM (Cardio) | |
| Aquafit Drop-in Program | 8:15AM-9:00AM (Aquatic Fitness) 6:30PM-7:15PM (Aquatic Fitness) | 8:15AM-9:00AM (Aquatic Fitness) 10:15AM-11:00AM (Aquatic Fitness) | 8:15AM-9:00AM (Aquatic Fitness) 10:15AM-11:00AM (Aquatic Fitness) 2:15PM-3:00PM (Aquatic Fitness) | 8:15AM-9:00AM (Aquatic Fitness) 10:15AM-11:00AM (Aquatic Fitness) | 8:15AM-9:00AM (Aquatic Fitness) | | 9:00AM-9:45AM (Aquatic Fitness) |
| Cycle, Strength and Stretch Drop-in Program | 9:15AM-10:00AM (Strength and Endurance) | | | 6:45PM-7:45PM (Strength and Endurance) | | | |
| Water Walking Drop-in Program | 9:15AM-10:00AM (Aquatic Fitness) | | | | 9:15AM-10:00AM (Aquatic Fitness) | | |
| Chair Yoga Drop-in Program | 12:15PM-1:00PM (Low Impact) | | | | | | |
| Yoga Drop-in Program | 5:00PM-5:45PM (Low Impact) | 7:15PM-8:00PM (Low Impact) | 9:15AM-10:00AM (Low Impact) | | 9:15AM-10:15AM (Low Impact) | | |
| Boot Camp Drop-in Program | 5:45PM-6:30PM (Strength and Endurance) | | | | 6:15AM-7:00AM (Strength and Endurance) | | |
| Turf Time Drop-in Program | | 6:15AM-7:00AM (Strength and Endurance) | | | | | |
| Light and Lively Drop-in Program | | 9:15AM-10:00AM (Low Impact) | | 9:15AM-10:00AM (Low Impact) | | | |
| Senior Wellness Drop-in Program | | 12:00PM-2:00PM (Low Impact) | | | | | |
| Circuit Training Drop-in Program | | 6:15PM-6:45PM (Strength and Endurance) | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---------------|----------------|---|---|---------------------------------|---|---------------|
| Walking to Fitness Drop-in Program | | | 11:30AM-12:15PM (Cardio) | | | | |
| Barbell Fit Drop-in Program | | | 5:45PM-6:30PM (Strength and Endurance) | | | | |
| Total Body Conditioning Drop-in Program | | | | 6:15AM-7:00AM (Strength and Endurance) | | 9:00AM-9:45AM (Strength and Endurance) | |
| Active Agers Drop-in Program | | | | 11:00AM-11:30AM (Low Impact) | | | |
| Chairfit Drop-in Program | | | | | 10:30AM-11:15AM (Low Impact) | | |