



Sarnia-Lambton YMCA Jerry McCaw Family Centre | July 1st - July 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stretch Drop-in Program		8:00AM-8:45AM (Low Impact)		8:00AM-8:45AM (Low Impact)			
Cycle Drop-in Program		9:15AM-10:00AM (Cardio)		9:15AM-10:00AM (Cardio)			
Body Blend Drop-in Program		9:15AM-10:15AM (Cardio)			9:15AM-10:15AM (Cardio)		
Total Body Conditioning Drop-in Program		9:15AM-10:15AM (Strength and Endurance)		10:30AM-11:30AM (Strength and Endurance)			
Aquafit Drop-in Program		10:45AM-11:30AM (Aquatic Fitness)	10:45AM-11:30AM (Aquatic Fitness)	10:45AM-11:30AM (Aquatic Fitness)	10:45AM-11:30AM (Aquatic Fitness)		
Zumba Drop-in Program		5:30PM-6:30PM (Cardio)		5:30PM-6:30PM (Cardio)		9:15AM-10:15AM (Cardio)	
Boot Camp Drop-in Program			6:30AM-7:15AM (Strength and Endurance) 5:30PM-6:30PM (Strength and Endurance)	9:15AM-10:15AM (Strength and Endurance)			
Chairfit Drop-in Program			8:00AM-8:45AM (Low Impact)		8:00AM-8:45AM (Low Impact)		
Group Power Drop-in Program			9:15AM-10:15AM (Strength and Endurance)			9:15AM-10:15AM (Strength and Endurance)	
Yoga Drop-in Program				7:00PM-8:00PM (Low Impact)		10:30AM-11:30AM (Low Impact)	10:00AM-11:00AM (Low Impact)
Core Strength and Stretch Drop-in Program					6:30AM-7:30AM (Strength and Endurance)		
Step Drop-in Program					9:15AM-10:00AM (Cardio)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Turf Time Drop-in Program					12:15PM-1:00PM (Cardio)		10:15AM-11:00AM (Cardio)