



## StarTech.com Community Centre, YMCA, & Library | July 1st - July 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aquafit</b> <a href="#">Drop-in Program</a>		8:00AM-8:45AM (Aquatic Fitness)  9:00AM-9:45AM (Aquatic Fitness)  10:00AM-10:45AM (Aquatic Fitness)	8:00AM-8:45AM (Aquatic Fitness)  9:00AM-9:45AM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)	8:00AM-8:45AM (Aquatic Fitness)  9:00AM-9:45AM (Aquatic Fitness)  10:00AM-10:45AM (Aquatic Fitness)		8:30AM-9:15AM (Aquatic Fitness)
<b>Cycle</b> <a href="#">Drop-in Program</a>		9:00AM-9:45AM (Cardio)				9:00AM-9:45AM (Cardio)	
<b>Strength and Stretch</b> <a href="#">Drop-in Program</a>		10:00AM-10:45AM (Low Impact)					
<b>Chair Yoga</b> <a href="#">Sign Up</a>		11:00AM-11:45AM (Low Impact)	10:00AM-10:45AM (Low Impact)  10:00AM-10:45AM (Low Impact)		10:00AM-10:45AM (Low Impact)  10:00AM-10:45AM (Low Impact)		
<b>Line Dancing</b> <a href="#">Sign Up</a>		11:00AM-12:00PM (Cardio)		11:15AM-12:15PM (Cardio)			
<b>Group Core</b> <a href="#">Drop-in Program</a>		5:30PM-6:00PM (Strength and Endurance)					
<b>Kettlebell</b> <a href="#">Sign Up</a>		5:30PM-6:15PM (Strength and Endurance)	5:30PM-6:15PM (Strength and Endurance)				
<b>Group Fight</b> <a href="#">Drop-in Program</a>		6:00PM-7:00PM (Cardio)					
<b>Yoga</b> <a href="#">Drop-in Program</a>		6:45PM-7:45PM (Low Impact)	8:30AM-9:30AM (Low Impact)  5:30PM-6:30PM (Low Impact)	9:30AM-10:30AM (Low Impact)  6:45PM-7:45PM (Low Impact)	8:30AM-9:30AM (Low Impact)	11:00AM-12:00PM (Low Impact)	11:00AM-12:00PM (Low Impact)
<b>Ballroom dancing Level 1</b> <a href="#">Sign Up</a>		6:45PM-7:45PM (Cardio)					

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<b>Group Power</b> <a href="#">Drop-in Program</a>		7:00PM-8:00PM (Strength and Endurance)		6:00PM-7:00PM (Strength and Endurance)			10:00AM-11:00AM (Strength and Endurance)
<b>Ballroom dancing Level 2</b> <a href="#">Sign Up</a>		8:00PM-9:00PM (Cardio)					
<b>Core</b> <a href="#">Drop-in Program</a>			9:15AM-9:45AM (Strength and Endurance)				
<b>Group Active</b> <a href="#">Drop-in Program</a>			10:00AM-11:00AM (Cardio)		10:00AM-11:00AM (Cardio)	10:00AM-11:00AM (Cardio)	
<b>Taekwondo</b> <a href="#">Sign Up</a>			6:00PM-7:00PM (Low Impact)				1:00PM-2:00PM (Low Impact)
<b>Turf Time</b> <a href="#">Drop-in Program</a>			6:30PM-7:15PM (Cardio)	10:30AM-11:15AM (Cardio)	5:30PM-6:15PM (Cardio)		
<b>Light and Lively</b> <a href="#">Drop-in Program</a>				9:00AM-9:45AM (Low Impact)  9:00AM-9:45AM (Low Impact)	9:00AM-9:45AM (Low Impact)		
<b>Cycle and Core</b> <a href="#">Drop-in Program</a>				10:00AM-11:00AM (Cardio)			
<b>Salsa and Merengue Couples</b> <a href="#">Sign Up</a>				6:45PM-7:45PM (Cardio)  8:00PM-9:00PM (Cardio)			
<b>Group Groove</b> <a href="#">Drop-in Program</a>						11:00AM-12:00PM (Cardio)	
<b>Group Centergy</b> <a href="#">Drop-in Program</a>							8:30AM-9:30AM (Low Impact)