



## StarTech.com Community Centre, YMCA, & Library | April 14th - April 20th

	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)  10:00AM-10:45AM (Aquatic Fitness)	8:00AM-8:45AM (Aquatic Fitness)  9:00AM-9:45AM (Aquatic Fitness)	8:00AM-8:45AM (Aquatic Fitness)  9:00AM-9:45AM (Aquatic Fitness)	8:00AM-8:45AM (Aquatic Fitness)  9:00AM-9:45AM (Aquatic Fitness)		8:30AM-9:15AM (Aquatic Fitness)
<b>Yoga</b> <a href="#">Drop-in Program</a>	8:30AM-9:30AM (Low Impact)  5:30PM-6:30PM (Low Impact)	6:45PM-7:45PM (Low Impact)	8:30AM-9:30AM (Low Impact)  5:30PM-6:30PM (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>Cycle</b> <a href="#">Drop-in Program</a>	9:00AM-9:45AM (Cardio)				9:00AM-9:45AM (Cardio)	9:00AM-9:45AM (Cardio)	
<b>Pickleball</b> <a href="#">Drop-in Program</a>	9:00AM-10:30AM (Cardio)	9:00AM-12:00PM (Cardio)	9:00AM-10:30AM (Cardio)		9:00AM-10:30AM (Cardio)		
<b>Boot Camp</b> <a href="#">Drop-in Program</a>	10:00AM-10:45AM (Strength and Endurance)  6:30PM-7:15PM (Strength and Endurance)						
<b>Chair Yoga</b> <a href="#">Drop-in Program</a>	10:00AM-10:45AM (Low Impact)		10:00AM-10:45AM (Low Impact)				
<b>Group Active</b> <a href="#">Drop-in Program</a>	5:30PM-6:30PM (Cardio)		10:00AM-11:00AM (Cardio)		10:00AM-11:00AM (Cardio)	10:00AM-11:00AM (Cardio)	
<b>Light and Lively</b> <a href="#">Drop-in Program</a>		9:00AM-9:45AM (Low Impact)		9:00AM-9:45AM (Low Impact)			
<b>Strength and Stretch</b> <a href="#">Drop-in Program</a>		10:00AM-10:45AM (Strength and Endurance)					
<b>Turf Time</b> <a href="#">Drop-in Program</a>		10:30AM-11:15AM (Strength and Endurance)	6:30PM-7:15PM (Strength and Endurance)	10:30AM-11:15AM (Strength and Endurance)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Core</b> <a href="#">Drop-in Program</a>		5:30PM-6:00PM (Strength and Endurance)					
<b>Group Fight</b> <a href="#">Drop-in Program</a>		6:00PM-7:00PM (Cardio)					
<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>Core</b> <a href="#">Drop-in Program</a>			9:15AM-9:45AM (Strength and Endurance)				
<b>Cycle and Core</b> <a href="#">Drop-in Program</a>				10:00AM-11:00AM (Cardio)			
<b>Aquafit Deep</b> <a href="#">Drop-in Program</a>					10:00AM-10:45AM (Aquatic Fitness)		
<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)