



## Stoney Creek Community Centre, YMCA & Library | July 1st - July 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> <a href="#">Drop-in Program</a>		6:15AM-7:00AM (Cardio)	6:00PM-6:45PM (Cardio)	9:15AM-10:00AM (Cardio)		8:15AM-9:00AM (Cardio)	
<b>Group Blast</b> <a href="#">Drop-in Program</a>		9:15AM-10:15AM (Cardio)  7:00PM-8:00PM (Cardio)				9:00AM-10:00AM (Cardio)	
<b>Gentle Yoga</b> <a href="#">Drop-in Program</a>		9:15AM-10:15AM (Low Impact)					
<b>Water Walking</b> <a href="#">Drop-in Program</a>		10:00AM-10:45AM (Aquatic Fitness)		10:00AM-10:45AM (Aquatic Fitness)			
<b>Group Active</b> <a href="#">Drop-in Program</a>		11:00AM-12:00PM (Cardio)		11:00AM-12:00PM (Cardio)  5:30PM-6:30PM (Cardio)	8:00AM-9:00AM (Cardio)		9:00AM-10:00AM (Cardio)
<b>Light and Lively</b> <a href="#">Sign Up</a>		11:00AM-11:45AM (Low Impact)		11:00AM-11:45AM (Low Impact)			
<b>Aquafit</b> <a href="#">Drop-in Program</a>		12:00PM-12:45PM (Aquatic Fitness)	12:00PM-12:45PM (Aquatic Fitness)	12:00PM-12:45PM (Aquatic Fitness)	12:00PM-12:45PM (Aquatic Fitness)	12:00PM-12:45PM (Aquatic Fitness)	
<b>Group Power</b> <a href="#">Drop-in Program</a>		5:30PM-6:30PM (Strength and Endurance)	7:00PM-8:00PM (Strength and Endurance)		9:15AM-10:15AM (Strength and Endurance)  5:30PM-6:30PM (Strength and Endurance)	10:00AM-11:00AM (Strength and Endurance)	
<b>Group Centergy</b> <a href="#">Drop-in Program</a>			9:15AM-10:15AM (Low Impact)	5:30PM-6:30PM (Low Impact)	9:15AM-10:15AM (Low Impact)		10:00AM-11:00AM (Low Impact)
<b>Aquafit Shallow</b> <a href="#">Drop-in Program</a>			9:15AM-10:00AM (Aquatic Fitness)				
<b>Gentle Joints</b> <a href="#">Drop-in Program</a>			10:00AM-10:45AM (Low Impact)		10:00AM-10:45AM (Low Impact)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Boot Camp</b> <a href="#">Drop-in Program</a>			10:15AM-11:00AM (Strength and Endurance)				
<b>Line Dancing</b> <a href="#">Sign Up</a>			12:00PM-1:00PM (Cardio)  1:15PM-2:15PM (Cardio)  2:30PM-3:30PM (Cardio)				
<b>Group Fight</b> <a href="#">Drop-in Program</a>			5:30PM-6:30PM (Cardio)	9:15AM-10:15AM (Cardio)			10:00AM-11:00AM (Cardio)
<b>Yoga</b> <a href="#">Drop-in Program</a>			7:00PM-8:00PM (Low Impact)			9:00AM-10:00AM (Low Impact)	9:00AM-10:00AM (Low Impact)
<b>Tai Chi</b> <a href="#">Sign Up</a>				8:00AM-9:00AM (Low Impact)			
<b>Group Groove</b> <a href="#">Drop-in Program</a>				5:30PM-6:30PM (Cardio)		11:00AM-12:00PM (Cardio)	