



## Strathroy-Caradoc Family YMCA | July 1st - July 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pilates</b> <a href="#">Drop-in Program</a>		10:00AM-10:45AM (Low Impact)					
<b>Barbell Fit</b> <a href="#">Drop-in Program</a>		6:00PM-6:45PM (Strength and Endurance)					
<b>Core Strength and Stretch</b> <a href="#">Drop-in Program</a>		7:00PM-7:45PM (Strength and Endurance)					
<b>Active Agers</b> <a href="#">Drop-in Program</a>			10:00AM-10:45AM (Low Impact)				
<b>Dance Fit</b> <a href="#">Drop-in Program</a>			6:00PM-6:45PM (Cardio)				
<b>Total Body Conditioning</b> <a href="#">Drop-in Program</a>			7:00PM-7:45PM (Strength and Endurance)				
<b>Yoga</b> <a href="#">Drop-in Program</a>				10:00AM-10:45AM (Low Impact)  7:00PM-7:45PM (Low Impact)			
<b>Suspension Training</b> <a href="#">Drop-in Program</a>				6:00PM-6:45PM (Strength and Endurance)			
<b>Cycle</b> <a href="#">Drop-in Program</a>						9:00AM-9:45AM (Cardio)	
<b>Kettlebell</b> <a href="#">Drop-in Program</a>						10:00AM-10:45AM (Strength and Endurance)	
<b>Strength and Stretch</b> <a href="#">Drop-in Program</a>							10:00AM-10:45AM (Low Impact)