



## Strathroy-Caradoc Family YMCA | January 27th - February 2nd

|   | Monday                                      | Tuesday                                   | Wednesday                                 | Thursday   | Friday                                      | Saturday                                    | Sunday                                      |
|---|---|---|---|--|---|---|---|
| <b>Circuit Training</b><br><a href="#">Drop-in Program</a>          | 10:00AM-10:45AM<br>(Strength and Endurance) |   |   |  |   |   |   |
| <b>Cycle</b><br><a href="#">Drop-in Program</a>                     | 6:00PM-6:45PM<br>(Cardio)                   |   |   | 7:00AM-7:30AM<br>(Cardio)  |   | 9:00AM-9:45AM<br>(Cardio)                   |   |
| <b>Kettlebell</b><br><a href="#">Drop-in Program</a>                | 7:00PM-7:45PM<br>(Strength and Endurance)   |   |   |  |   | 10:00AM-10:45AM<br>(Strength and Endurance) |   |
| <b>Pilates</b><br><a href="#">Drop-in Program</a>                   |   | 10:00AM-10:45AM<br>(Low Impact)           |   |  |   |   |   |
| <b>Suspension Training</b><br><a href="#">Drop-in Program</a>       |   | 6:00PM-6:45PM<br>(Strength and Endurance) |   |  |   |   |   |
| <b>Core Strength and Stretch</b><br><a href="#">Drop-in Program</a> |   | 7:00PM-7:45PM<br>(Strength and Endurance) |   |  | 10:00AM-10:45AM<br>(Strength and Endurance) |   |   |
| <b>Active Agers</b><br><a href="#">Drop-in Program</a>              |   |   | 10:00AM-10:45AM<br>(Low Impact)           |  |   |   |   |
| <b>Dance Fit</b><br><a href="#">Drop-in Program</a>                 |   |   | 6:00PM-6:45PM<br>(Cardio)                 | 12:00PM-12:45PM<br>(Cardio)  |   |   |   |
| <b>Total Body Conditioning</b><br><a href="#">Drop-in Program</a>   |   |   | 7:00PM-7:45PM<br>(Strength and Endurance) |  |   |   |   |
| <b>Yoga</b><br><a href="#">Drop-in Program</a>                      |   |   |   | 10:00AM-10:45AM<br>(Low Impact)<br><br>7:00PM-7:45PM<br>(Low Impact) |   |   |   |
| <b>Barbell Fit</b><br><a href="#">Drop-in Program</a>               |   |   |   | 6:00PM-6:45PM<br>(Strength and Endurance)                            |   |   |   |
| <b>Strength and Stretch</b><br><a href="#">Drop-in Program</a>      |   |   |   |  |   |   | 11:00AM-11:45AM<br>(Strength and Endurance) |

