



Woodstock YMCA | January 27th - February 2nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Drop-in Program	9:30AM-10:30AM (Cardio)	6:30PM-7:30PM (Cardio)					
Yoga Drop-in Program		9:30AM-10:30AM (Low Impact)					
Total Body Conditioning Drop-in Program		10:30AM-10:30AM (Strength and Endurance)		10:30AM-10:30AM (Strength and Endurance)		10:30AM-10:30AM (Strength and Endurance)	
Light and Lively Drop-in Program			9:30AM-10:30AM (Low Impact)		9:30AM-10:30AM (Low Impact)		
Chairfit Drop-in Program			10:30AM-11:00AM (Low Impact)		10:30AM-11:00AM (Low Impact)		