



Woodstock YMCA | July 1st - July 7th

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