



Interim Senior's drop in Class Schedule June 17-June 30, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Make up days June 18 & June 25					
Body Blast 8:30-9:15am (Fitness Centre)	Heart Smart* 9:30-10:30am (Auditorium)	Core&Balance Conditioning* 9:30-10:30am (Gym)	Heart & Bones* 9:30-10:30am (Gym-June 20) (Auditorium-June 27)	Heart & Sole* 9:30-10:30am (Auditorium-June 21) (Gym-June 28)	Bone Builders* (all levels) 9:30-10:30am (Auditorium)	 8:30-9:30 (Auditorium)
Pilates Mat 9:30-10:30am (studio)	Gentle Waters* 10:30-11:30am (pool)	FC Circuit 10:45-11:45am (Fitness Centre)		Gentle Waters* 10:30-11:30am (pool)	Cycle 9:30-10:15 (June 22 <u>only</u> for make-up day) (Fitness Centre)	
	Bone Builders* (intermediate) 10:45-11:45am (auditorium)		Pilates Mat 5:30-6:30pm (studio)	FC Circuit 10:45-11:45am (Fitness Centre)		
	Bone Builders* (beginner) 12pm-1pm (auditorium)	Bones Plus 6:00-7:00pm (Fitness Centre)			Barre 5:30-6:30pm (Studio)	

The above are available for \$3 per class for YWCA Hamilton Active Living Centre Members, during this interim time frame.

*classes for women and men

