




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

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

