




Interim Senior's drop in Class Schedule August 26, 2018–September 16, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	(August 27 Make up day)					
Body Blast 8:30-9:15am (Fitness Centre)	Heart Smart* 9:30-10:30am (Auditorium)	Core&Balance Conditioning* 9:30-10:30am (Auditorium- August 28) (Gym-Sept 4 and 11)	Heart & Bones* 9:30-10:30am (Auditorium- August 29) (Gym-Sept 5 and 12)	Heart & Sole* 9:30-10:30am (Auditorium- August 30) (Gym-Sept 6 and 13)	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)		
		Bones Plus 6:00-7:00pm (Fitness Centre)	Pilates Mat 5:30-6:30pm (studio)	FC Circuit 10:45- 11:45am (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

