



Castle Downs Family YMCA | May 5th - May 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tai Chi Studio 1 and 2 - Castle Downs <a href="#">Sign Up</a>				10:30AM-11:30AM			



Eagle Ridge Community Centre | May 5th - May 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cardio and Strength - Gentle Fit</b> Fitness Studio - Eagle Ridge <a href="#">Sign Up</a>			9:30AM-10:30AM				
<b>Strength - Women's Only</b> Fitness Studio - Eagle Ridge <a href="#">Sign Up</a>		9:30AM-10:30AM					
<b>Strength - Women's Only</b> Micro Fitness Studio - Eagle Ridge <a href="#">Sign Up</a>				9:00AM-10:00AM			