



Bob Hayward YMCA 55+ Day Winter Schedule

Every Thursday. 5:30am – 2:00pm



- *Last entry – 2pm*
- *Please see “class info” on www.ymcawo.ca/55plus for detailed information on classes*

5:30am – 2:00pm	Weight room floor is available. An orientation to the equipment is available at select times see the membership desk.
5:30am – 7:00am	Lane Swim
8:15am – 9:15am	Pickleball
8:30am – 9:15am	Active Agers
9:30am – 10:30am	Group Power
9:30am – 10:45am	Yoga
10:30am – 11:00am	Group Core
10:30am – 2:30pm	Lane Swim

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Bob Hayward YMCA
1050 Hamilton Rd,
London, ON, N5W 1A6
519-451-2395



- *Last entry – 2pm*
- *Please see “class info” on www.ymcawo.ca/55plus for detailed information on classes*

Bostwick YMCA 55+ Day Winter Schedule Every Thursday. 5:30am – 2:00pm

5:30am – 2:00pm	Weight room floor is available. An orientation to the equipment is available at select times see the membership desk.
5:30am – 8:30am	Lane Swim
6:00am – 9:00am	Pickleball
8:15am – 9:15am	Active Agers
9:45am – 10:45am	Chair Yoga

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communities*

Bostwick YMCA
501 Southdale Rd,
London, ON, N6K 3X4
519-907-3300



- *Last entry – 2pm*
- *Please see “class info” on www.ymcawo.ca/55plus for detailed information on classes*

Centre Branch YMCA 55+ Day Winter Schedule

Every Thursday. 5:30am – 2:00pm

5:30am – 2:00pm	Weight room floor is available. An orientation to the equipment is available at select times see the membership desk.
9:00am – 10:00am	Open Swim – Small Pool
9:00am – 11:30am	Lane Swim – Large Pool
9:30am – 10:30am	Group YThrive Balance
11:00am – 11:30am	Light and Lively
12:00pm – 2:00pm	Pickleball

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Centre Branch YMCA
5382 Waterloo St,
London, ON, N6B 2N8
519-667-3300



Middlesex Centre YMCA 55+ Day Winter Schedule

Every Thursday. 6:00am – 2:00pm



- *Last entry – 2pm*
- *Please see “class info” on www.ymcawo.ca/55plus for detailed information on classes*

6:00am – 2:00pm

Weight room floor is available. An orientation to the equipment is available at select times see the membership desk.

9:00am – 12:00pm

Pickleball

9:30am – 10:30am

Group Power

11:00am – 12:00pm

Yoga

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Middlesex Centre YMCA
1 Tunks Lane,
Komoka, ON, N0L 1R0
519-601-7033



Strathroy-Caradoc Branch YMCA 55+ Day Winter Schedule

Every Thursday. 6:00am – 2:00pm



6:00am – 2:00pm

Weight room floor is available. An orientation to the equipment is available at select times see the membership desk.

6:00am – 6:45am

Cycling

10:00am – 11:00am

Body Blend

- *Last entry – 2pm*
- *Please see “class info” on www.ymcawo.ca/55plus for detailed information on classes*

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Strathroy-Caradoc YMCA
305 Frances St,
Strathroy, ON, N7G 4H5
519-907-3300



St. Thomas YMCA 55+ Day Winter Schedule

Every Thursday. 6:00am – 2:00pm

6:00am – 2:00pm

Weight room floor is available. An orientation to the equipment is available at select times see the membership desk.

8:30am – 9:30am

Group Active

9:30am – 10:30am

Group YThrive Balance

9:30am – 10:15am

YConnections-A rotating roster of fitness experiences based on balance, strength and dance (chair can be used as an assist)

11:00am – 12:00pm

Centergy- a “dynamic” format of yoga and pilates. Modification training available upon request.

12:30pm – 1:30pm

Lane Swim

1:45pm – 2:45pm

Gentle Yoga



- *Last entry – 2pm*
- *Please see “class info” on www.ymcawo.ca/55plus for detailed information on classes*

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St. Thomas - Elgin YMCA
20 High Street,
St. Thomas, ON, N5R 5V2
519-631-2418



Stoney Creek YMCA 55+ Day Winter Schedule

Every Thursday. 5:30am – 2:00pm



5:30am – 2:00pm

Weight room floor is available. An orientation to the equipment is available at select times see the membership desk.

9:15am – 10:15am

Cycling

10:15am – 11:15am

Group Active

12:00pm – 2:00pm

Pickleball

- *Last entry – 2pm*
- *Please see “class info” on www.ymcawo.ca/55plus for detailed information on classes*

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Stoney Creek YMCA
920 Sunningdale Rd E,
London, ON, N5X 0H5
519-667-4400



- *Last entry – 2pm*
- *Please see “class info” on www.ymcawo.ca/55plus for detailed information on classes*

Windsor YMCA 55+ Day Winter Schedule Every Thursday. 6:00am – 2:00pm

6:00am – 2:00pm	Weight room floor is available. An orientation to the equipment is available at select times see the membership desk.
6:00am – 2:00pm	Lane Swim
9:00am – 10:00am	FUNctional Fitness
9:00am – 10:00am	Deep Aquafit
9:00am – 12:00pm	HeartCare
10:00am – 11:00am	Osteofit
10:00am – 12:00pm	Pickleball (with instructors)

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Windsor YMCA
3402 Grand Marais Rd E,
Windsor, ON, N8W 1W7
519-419-1267



Woodstock YMCA 55+ Day Winter Schedule

Every Thursday. 6:00am – 2:00pm



- *Last entry – 2pm*
- *Please see “class info” on www.ymcawo.ca/55plus for detailed information on classes*

6:00am – 2:00pm

Weight room floor is available. An orientation to the equipment is available at select times see the membership desk.

7:00am – 8:15am

Lane Swim

9:00am – 11:00am

Pickleball

9:30am – 10:30am

Group Active

10:00am – 12:00am

Lane Swim

10:30am – 11:30pm

Yoga

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Woodstock YMCA
808 Dundas St,
Woodstock ON, N4S 1G4
519-539-6181