



William Lutsky Family YMCA

Group Fitness Schedule | September 12–October 30

Hours of Operation

Monday to Friday: **5:30am–10pm**

Saturdays & Sundays: **7am–7pm**

Statutory Holidays: **Closed**

1975 111 Street
Edmonton, AB T6J 7C6
(780) 439–**YMCA** (9622)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EARLY MORNING					
			Aquafit Deep/Shallow 8-8:45am (MP)		Cycle 8-8:55am (S2)
Aquafit Deep/Shallow 9:10-9:55am (MP)	Bootcamp 9-9:55am (G)	Aquafit Deep/Shallow 9:10-9:55am (MP)	Cardio Kickbox 9-9:55am (G)	Aquafit Deep/Shallow 9:10-9:55am (MP)	Cardio Dance – Zumba 9-9:55am (G)
Strength 9-9:55am (G)	Yoga – Gentle Fit 9-9:55am (MPR)	Cardio & Strength 9-9:55am (G)	Yoga 9-9:55am (MPR)	Step & Strength 9-9:55am (G)	
Cycle 9-9:55am (S2)		Cycle 9-9:55am (S2)		Cycle 9-9:55am (S2)	
LATE MORNING & AFTERNOON					
Yoga 10:05-11am (MPR)	Yoga 10:05-11am (MPR)	Barre 10:05-10:50am (MPR)	Yoga 10:05-11am (MPR)	Cardio Dance – Zumba 10:05-11am (G)	
<i>Alberta Cancer Exercise – Lvl 1</i> 11:30am-12:30pm (MPR)	<i>Bridge to Wellness</i> 11:30am-12:30pm (MPR)	Cardio Dance – Zumba 10:05-11am (G)	<i>Bridge to Wellness</i> 11:30am-12:30pm (MPR)	Yoga 10:05-11am (MPR)	Bootcamp 10:05-11am (G)
		Core 11:10-11:40am (G)			
Aquafit Deep/Shallow 12:10-12:55pm (MP)	Aquafit Deep/Shallow 12:10-12:55pm (MP)	<i>Alberta Cancer Exercise – Lvl 1</i> 11:30am-12:30pm (MPR)	Aquafit Deep/Shallow 12:10-12:55pm (MP)	Yoga – Gentle Fit 11:10am -12:05pm (MPR)	Yoga 11:10am -12:05pm (MPR)
<i>Alberta Cancer Exercise – Lvl 2</i> 12:40-1:40pm (MPR)		<i>Alberta Cancer Exercise – Lvl 2</i> 12:40-1:40pm (MPR)			
EVENING					
Strength 6-6:50pm (G)	Yoga 6-6:55pm (MPR)	Barre 6-6:45pm (MPR)	Cycle 6-7pm (S2)		
	Bootcamp 6-6:50pm (G)	Yoga 7-8pm (MPR)	Strength - MuscleFit 7-7:45pm (G)		
Cardio Dance – Zumba 7-8pm (G)	Cardio Dance – Zumba 7-8pm (G)				
	Tai Chi 7:05-8:05pm (MPR)	Aquafit Shallow 8:10-8:55pm (MP)			

Participants must register for classes. Pre-register up to 3 days in advance.

Gymnasium (G), Studio 2 (S2), Main Pool (MP), Multi-Purpose Room (MPR)