



Don Wheaton Family YMCA

Group Fitness Schedule | October 31–December 23

Hours of Operation

Monday to Friday: **5:30am–9pm**

Saturdays: **7am–4pm**

Sundays: **closed**

Nov 11, Dec 25 & 26, Jan 1: Closed

December 24 & 31: 7am–4pm

10211 102 Avenue

Edmonton, AB T5J 0A5

(780) 452–**YMCA** (9622)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EARLY MORNING					
Strength – MuscleFit 6:15–7am (S2)	Yoga 6:15–7am (S2)		Cycle 6:15–7am (CR)	Strength 6:15–7am (S2)	
Aquafit Deep/Shallow 9:45–10:30am (MP)	Cardio & Strength – Gentle Fit 9:45–10:45am (S2)	Aquafit Deep/Shallow 9:45–10:30am (MP)		Yoga–Gentle Fit 9:45–10:45am (S2)	
LATE MORNING & EARLY AFTERNOON					
			Barre 11–11:45am (S2)		
Core 11–11:30am (S2)	Cycle 11–11:45am (CR)	Core 11–11:30am (S2)	Cycle 11–11:45am (CR)	Strength 11–11:45am (G)	
Cycle 12:05–12:50 pm (CR)	Strength – MuscleFit 12:05–12:50pm (G)	Cardio Kickbox 12:05–12:50pm (S2)	Cardio & Strength – Synrgy360 12:05–12:50pm (FTR)	Bootcamp 12:05–12:50pm (G)	
Yoga 12:05–12:50 pm (S2)	Bridge to Wellness 1:15–2:15pm (G)		Bridge to Wellness 1:15–2:15pm (S1)	Yoga 12:05–12:50 pm (S2)	
EVENING					
		Cardio Kickbox 5:30–6:15pm (S1)			
Bootcamp 5:30–6:30pm (G)	Yoga 5:30–6:30pm (S2)	Strength – MuscleFit 5:30–6:30pm (S2)	Cardio Dance – Zumba 5:30–6:30pm (S2)		

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

Gymnasium (G), Studio 1 (S1), Studio 2 (S2), Main Pool (MP), Community Room (CR), Functional Training Room (FTR)