



William Lutsky Family YMCA

Group Fitness Schedule | October 31–December 23

Hours of Operation

Monday to Friday: **5:30am–10pm**

Saturdays & Sundays: **7am–7pm**

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

December 24 & 31: 8am–4pm

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)		
Aquafit Deep/Shallow 9:10-9:55am (MP)	Bootcamp – Circuit 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)	Cardio Dance – Zumba 10:05-11am (G)	Cardio Dance – Zumba 10:05-11am (G)	
Alberta Cancer Exercise – Lvl 1 11:30am-12:30pm (MPR)	Bridge to Wellness 11:30am-12:30pm (MPR)	Cardio Dance – Zumba 10:05-11am (G)	Yoga 10:05-11am (MPR)	Yoga 10:05-11am (MPR)	Bootcamp – Interval 10:05-11am (G)
		Core 11:10-11:40am (G)	Bridge to Wellness 11:30am-12:30pm (MPR)		
Aquafit Deep/Shallow 12:10-12:55pm (MP)	Aquafit Deep/Shallow 12:10-12:55pm (MP)	Alberta Cancer Exercise – Lvl 1 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)
Alberta Cancer Exercise – Lvl 2 12:40-1:40pm (MPR)		Alberta Cancer Exercise – Lvl 2 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 7-7:55pm (G)		
Cardio Dance – Zumba 7-8pm (G)	Cardio Dance – Zumba 7-8pm (G)			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)	
	Tai Chi 7:05-8:05pm (MPR)	Aquafit Shallow 8:10-8:55pm (MP)			