



Don Wheaton Family YMCA

Group Fitness Schedule | January 9–March 5

Hours of Operation

Monday to Friday: **5:30am–9pm**

Saturdays: **7am–4pm**

Sundays: **9am–4pm**

10211 102 Avenue

Edmonton, AB T5J 0A5

(780) 452–**YMCA** (9622)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EARLY MORNING					
Strength - LIFT 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)	Cycle 9-10am (CR)
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 12:05–12:50pm (CR)	Strength - LIFT 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 12:05–12:50pm (S2)	Bridge to Wellness 1:15-2:15pm (G)		Bridge to Wellness 1:15-2:15pm (S1)	Yoga 12:05–12:50pm (S2)	
EVENING					
		Step 5:30–6:00pm (S1)			
Bootcamp 5:30–6:30pm (G)	Yoga 5:30–6:30pm (S2)	Strength - LIFT 5:30–6:30pm (S2)	Cardio Dance – Zumba 5:30–6:30pm (S2)		

Group fitness classes are included in YMCA Enhanced membership only. 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)