



Don Wheaton Family YMCA

Group Fitness Schedule | May 1 – June 18

Hours of Operation

Monday to Friday: **5:30am–9pm**

Saturdays: **7am–6pm**

Sundays: **9am–4pm**

Statutory Holidays: **Closed**

10211 102 Avenue

Edmonton, AB T5J 0A5

(780) 452–**YMCA** (9622)

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