



William Lutsky Family YMCA

Group Fitness Schedule | May 1 – June 18

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	SUNDAY
EARLY MORNING						
Yoga 8-8:50am (MPR)	Step 9-9:55am (G)	Strength 9-9:55am (G)	Aquafit Shallow/Deep 8-8:45am (MP)	Bootcamp – Circuit 9-9:55am (G)	Bootcamp 9-9:55am (G)	
Strength 9-9:55am (G)	Yoga – Gentle Fit 9-9:55am (MPR)	Cycle 9-9:55am (S2)	Cardio Kickbox 9-9:55am (G)	Cycle 9-9:55am (S2)	Cardio Dance – Zumba 10:05-11am (G)	
Cycle 9-9:55am (S2)	Cycle 9-9:55am (S2)	Aquafit Shallow/Deep 9-9:45am (MP)	Yoga – Gentle Fit 9-9:55am (MPR)	Aquafit Shallow/Deep 9-9:45am (MP)		
Aquafit Shallow/Deep 9-9:45am (MP)	Yoga 10:05-11am (MPR)	Cardio Dance – Zumba 10:05-11am (G)	Yoga 10:05-11am (MPR)	Yoga 10:05-11am (MPR)		
LATE MORNING & AFTERNOON						
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)		
Bridge to Wellness Level II 11:30am-12:30pm (MPR)	Bridge to Wellness Level I 11:30am-12:30pm (MPR)	Core 11:10-11:40am (G)	Bridge to Wellness Level I 11:30am-12:30pm (MPR)	Yoga – Gentle Fit 11:10am -12:05pm (MPR)	Yoga 11:10am -12:05pm (MPR)	
Aquafit Shallow/Deep 12-12:45pm (MP)	Aquafit Shallow/Deep 12-12:45pm (MP)	Bridge to Wellness Level II 11:30am-12:30pm (MPR)	Aquafit Shallow/Deep 12-12:45pm (MP)			
EVENING						
Strength 6-6:50pm (G)	Bootcamp 6-6:50pm (G)	Barre 6-6:45pm (MPR)				
	Yoga 6-6:55pm (MPR)		Cycle 6-6:55pm (S2)			
	Cycle 7-7:55pm (S2)	Yoga 7-7:55pm (MPR)	Strength – LIFT 7-8pm (G)			
Cardio Dance – Zumba 7-8pm (G)	Cardio Dance – Zumba 7-8pm (G)	Cardio Dance – Zumba 7-8pm (G)				
	Tai Chi 7:05-8:05pm (MPR)	Aquafit – Aqua Zumba 8:10-8:55pm (MP)				

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