



# William Lutsky Family YMCA

## Group Fitness Schedule | September 11 – November 5

### 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
<b>EARLY MORNING</b>					
<b>Yoga</b> 7:45-8:45am (MPR)	<b>Aquafit Shallow/Deep</b> 8-8:45am (MP)		<b>Aquafit Shallow/Deep</b> 8-8:45am (MP)		
<b>Strength</b> 9-9:55am (G)	<b>Step</b> 9-9:55am (G)	<b>Cardio &amp; Strength</b> 9-9:55am (G)	<b>Cardio Kickbox</b> 9-9:55am (G)	<b>Strength</b> 9-9:55am (G)	
<b>Cycle</b> 9-9:55am (FC)	<b>Yoga – Gentle Fit</b> 9-9:50am (MPR)	<b>Cycle</b> 9-9:55am (FC)	<b>Yoga</b> 9-9:55am (MPR)	<b>Cycle</b> 9-9:55am (FC)	
<b>Aquafit Shallow/Deep</b> 9-9:45am (MP)	<b>Cycle</b> 9-9:55am (FC)	<b>Aquafit Shallow/Deep</b> 9-9:45am (MP)	<b>Strength – Gentle Fit</b> 10:05-11am (G)	<b>Aquafit Shallow/Deep</b> 9-9:45am (MP)	<b>Bootcamp</b> 9-9:55am (G)
<b>Yoga</b> 10:05-11am (MPR)	<b>Yoga</b> 10:05-11am (MPR)	<b>Cardio Dance – Zumba</b> 10:05-11am (G)	<b>Yoga</b> 10:05-11am (MPR)	<b>Yoga</b> 10:05-11am (MPR)	<b>Yoga</b> 10:05-11am (MPR)
<b>LATE MORNING &amp; AFTERNOON</b>					
		<b>Barre</b> 10:15-11am (MPR)		<b>Cardio Dance – Zumba</b> 10:05-11am (G)	<b>Cardio Dance – Zumba</b> 10:05-11am (G)
<b>Bridge to Wellness Level II</b> 11:30am-12:30pm (MPR)	<b>Bridge to Wellness Level I</b> 11:30am-12:30pm (MPR)	<b>Core</b> 11:15-11:45am (FC)	<b>Bridge to Wellness Level I</b> 11:30am-12:30pm (MPR)	<b>Aquafit – Warm Water</b> 11-11:45am (TP)	<b>Yoga</b> 11:10am-12:05pm (MPR)
<b>Aquafit Shallow/Deep</b> 12:15-1pm (MP)	<b>Aquafit Shallow/Deep</b> 12:15-1pm (MP)	<b>Bridge to Wellness Level II</b> 11:30am-12:30pm (MPR)	<b>Aquafit Shallow/Deep</b> 12:15-1pm (MP)	<b>Yoga – Gentle Fit</b> 11:10am-12:05pm (MPR)	
<b>EVENING</b>					
<b>Strength</b> 6-6:50pm (G)	<b>Yoga</b> 6-6:55pm (MPR)	<b>Barre</b> 6-6:45pm (MPR)	<b>Cycle</b> 6-6:55pm (FC)		
<b>Yoga</b> 6-6:55pm (MPR)	<b>Strength – LIFT</b> 6-6:50pm (G)	<b>Yoga</b> 7-7:55pm (MPR)	<b>Strength – LIFT</b> 7-8pm (G)		
<b>Cardio Dance – Zumba</b> 7-8pm (G)	<b>Cycle</b> 7-7:55pm (FC)	<b>Cardio Dance – Zumba</b> 7-8pm (G)			
<b>Barre</b> 7:05-7:50pm (MPR)	<b>Cardio Dance – Zumba</b> 7-8pm (G)	<b>Aquafit – Aqua Zumba</b> 8:10-8:55pm (MP)			
	<b>Tai Chi</b> 7:05-8:05pm (MPR)				

Group fitness classes are included in YMCA Enhanced membership only. Participants must register for classes. Pre-register up to 3 days in advance.

Fitness Centre (FC), Gymnasium (G), Main Pool (MP), Multi-Purpose Room (MPR), Teach Pool (TP)