



William Lutsky Family YMCA

Group Fitness Schedule | November 6 – December 23

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

Group fitness classes are included in YMCA Enhanced membership only. Participants must register for classes. Pre-register on Fridays at 7am for the following Monday-Sunday Fitness Centre (FC), Gymnasium (G), Main Pool (MP), Multi-Purpose Room (MPR), Teach Pool (TP)