



Don Wheaton Family YMCA

Group Fitness Schedule | January 8 – March 3

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	SATURDAY	SUNDAY
EARLY MORNING						
Cycle 6:15–7am (CR)	Yoga – Flow 6:15–7am (S2)	Strength 6:15–7am (S2)	Cycle 6:15–7am (CR)	Strength 6:15–7:15am (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 9:30–10:30am	Chair Yoga 9:45–10:45am (S2)		Cardio Dance 9:15–10am (S2)
LATE MORNING & EARLY AFTERNOON						
Core 11–11:30am (S2)	Cycle 11–11:45am (CR)		Cycle 11–11:45am (S2)			Cardio & Strength – Synrgy360 10:00–10:45am (FTR)
	Barre 11–11:45am (S2)	Cardio & Strength 11:00–11:45am (G)	Barre 11–11:45am (S2)			Yoga-Flow 11:00am–12:00pm (S2)
Cycle 12:05–12:50pm (CR)	Strength – LIFT 12:05–12:50pm (G)	Cycle 12:05–12:50pm (CR)	Cardio & Strength – Synrgy360 12:05–12:50pm (FTR)	Strength 11–11:45am (G)		
Yoga – Flow 12–1pm (S2)	Bridge to Wellness Level I 1:15–2:15pm (S1)		Bridge to Wellness Level I 1:15–2:15pm (S1)	Yoga – Restorative 12:05–12:50pm (S2)		
EVENING						
	Strength 4:30–5:15pm (FTR)	Step 5:30–6:15pm (S1)	HIIT 4:30–5:15pm (FTR)			
Bootcamp 5:30–6:15pm (G)	Cardio Dance 5–6pm (S1)	Strength – LIFT 5:15–6:15pm (G)	Cycle 5:30–6:15pm (CR)	<i>Group fitness classes are included in YMCA Enhanced membership only. Participants must register for classes. Pre-register Fridays at 7am for the following Monday-Sunday.</i> Studio 1 (S1), Studio 2 (S2), Functional Training Room (FTR), Gymnasium (G), Main Pool (MP), Community Room (CR)		
Yoga – Flow 5:30–6:30pm (S2)	Yoga – Flow 5:30–6:30pm (S2)	Yoga – Flow 5:30–6:30pm (S2)	Cardio Dance – Zumba 5:30–6:30pm (S2)			