



William Lutsky Family YMCA

Group Fitness Schedule | January 7- March 3

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 - Flow 7:45-8:40am (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)	Strength 9-9:55am (G)	Cardio Kickbox 9-9:55am (G)	Strength 9-9:55am (G)	
Cycle 9-9:55am (FC)	Chair Yoga 9-9:55am (MPR)	Cycle 9-9:55am (FC)	Chair Yoga 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)
	Strength – Gentle Fit 10:05-11am (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 - Flow 10:05-11am (MPR)
LATE MORNING & AFTERNOON					
	Synergy 10:05-11:00am (FC)	Barre 10:15-11am (MPR)		Cardio Dance – Zumba 10:05-11am (G)	Cardio Dance – Zumba 10:05-11am (G)
	<i>Bridge to Wellness Level I 11:10am-12:10pm (MPR)</i>		<i>Bridge to Wellness Level I 11:10am-12:10pm (MPR)</i>		Yoga - Restorative 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)	Chair Yoga 11:10am -12:05pm (MPR)	
EVENING					
Strength 6-6:55pm (G)	Yoga - Flow 5:30-6:25pm (MPR)	Barre 6-6:45pm (MPR)	Cycle 6-6:55pm (FC)	HIIT 5-5:45PM (S2)	
Barre 6-6:45pm (MPR)	Strength – LIFT 6-6:55pm (G)	Yoga 7-7:55pm (MPR)	Bootcamp 7-7:55pm (G)		
Cardio Dance – Zumba 7-7:55pm (S2)	Cycle 7-7:55pm (FC)				
Yoga - Flow 7-7:55(MPR)	Cardio Dance – Zumba 7-7:55pm (S2)				
	Tai Chi 7:05-8:00pm (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), Studio two(S2)***