



# William Lutsky Family YMCA

## Group Fitness Schedule | March 3 – April 28

### Hours of Operation

Monday to Friday: 5:30am–10pm

Saturdays & Sundays: 7am–9pm

Statutory Holidays: Closed

1975 111 Street  
Edmonton, AB T6J 7C6  
(780) 439–YMCA (9622)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>EARLY MORNING</b>						
<b>Yoga – Flow</b> 7:45-8:40am (MPR)	<b>Aquafit Shallow/Deep</b> 8-8:45am (MP)	<b>Cardio &amp; Strength</b> 9-9:55am (G)	<b>Aquafit Shallow/Deep</b> 8-8:45am (MP)	<b>Core</b> 8:15-8:45am (S2)		
<b>Strength</b> 9-9:55am (G)	<b>Step</b> 9-9:55am (G)	<b>Cycle</b> 9-9:55am (FC)	<b>Cardio Kickbox</b> 9-9:55am (G)	<b>Strength</b> 9-9:55am (G)		
<b>Cycle</b> 9-9:55am (FC)	<b>Chair Yoga</b> 9-9:55am (MPR)	<b>Aquafit Shallow/Deep</b> 9-9:45am (MP)	<b>Chair Yoga</b> 9-9:55am (MPR)	<b>Cycle</b> 9-9:55am (FC)		<b>Synrgy</b> 9-9:55am (FC)
<b>Aquafit Shallow/Deep</b> 9-9:45am (MP)	<b>Cycle</b> 9-9:55am (FC)	<b>Baby and me – Yoga</b> 10:05-11am (S2)	<b>Synrgy</b> 9am-9:45am (FC)	<b>Aquafit Shallow/Deep</b> 9-9:45am (MP)	<b>Bootcamp</b> 9-9:55am (G)	
<b>Baby &amp; Me – Fitness</b> 10:05-11am (G)	<b>Strength – Gentle Fit</b> 10:05-11am (G)	<b>Cardio Dance – Zumba</b> 10:05-11am (G)	<b>Strength – Gentle Fit</b> 10:05-11am (G)	<b>Aquafit – Shallow Warm Water</b> 10-10:45 (TP)	<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>Yoga</b> 10:05-11am (MPR)	<b>Yoga – Flow</b> 10:05-11am (MPR)	
<b>LATE MORNING &amp; AFTERNOON</b>						
	<b>Synrgy</b> 10:05-10:50am (FC)	<b>Barre</b> 10:15-11am (MPR)		<b>Cardio Dance – Zumba</b> 10:05-11am (G)	<b>Yoga – Restorative</b> 11:10am-12:05pm (MPR)	
	<b>Bridge to Wellness Level I</b> 11:10am-12:10pm (MPR)		<b>Bridge to Wellness Level I</b> 11:10am-12:10pm (MPR)			
<b>Aquafit Shallow/Deep</b> 12:15-1pm (MP)	<b>Aquafit Shallow/Deep</b> 12:15-1pm (MP)	<b>Core</b> 11:10-11:40 (MPR)	<b>Aquafit Shallow/Deep</b> 12:15-1pm (MP)	<b>Chair Yoga</b> 11:10am-12:05pm (MPR)		
<b>EVENING</b>						
<b>Strength</b> 6-6:55pm (G)	<b>Yoga – Flow</b> 5:30-6:25pm (MPR)	<b>Barre</b> 6-6:45pm (MPR)	<b>Cycle</b> 6-6:55pm (FC)	<b>HIIT</b> 5-5:45PM (MPR)		
<b>Barre</b> 6-6:45pm (MPR)	<b>Strength – LIFT</b> 6-6:55pm (G)	<b>Yoga</b> 7-7:55pm (MPR)	<b>Bootcamp</b> 7-7:55pm (G)	<b>Synrgy</b> 6-6:45pm (FC)		
<b>Cardio Dance – Zumba</b> 7-7:55pm (G)	<b>Cycle</b> 7-7:55pm (FC)	<b>Cardio Dance – Zumba</b> 7-7:55pm (G)				
<b>Yoga – Flow</b> 7-7:55(MPR)	<b>Cardio Dance – Zumba</b> 7-7:55pm (MPR)					
	<b>Tai Chi</b> 7:05-8:00pm (MPR)					
	<b>Yoga Chi Qigong</b> 8:05-9:00pm (MPR)					

