



William Lutsky Family YMCA

Group Fitness Schedule | April 29 – June 16

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
EARLY MORNING						
Yoga - Flow 7:45-8:40am (MPR)	Aquafit Shallow/Deep 8-8:45am (MP)	Cardio & Strength 9-9:55am (G)	Aquafit Shallow/Deep 8-8:45am (MP)	Core 8:15-8:45am (S2)		
Strength 9-9:55am (G)	Step 9-9:55am (G)	Cycle 9-9:55am (FC)	Cardio Kickbox 9-9:55am (G)	Strength 9-9:55am (G)		
HIIT 9-9:45 (MPR)	Chair Yoga 9-9:55am (MPR)		Chair Yoga 9-9:55am (MPR)	Cycle 9-9:55am (FC)		
Aquafit Shallow/Deep 9-9:45am (MP)		Aquafit Shallow/Deep 9-9:45am (MP)		Aquafit Shallow/Deep 9-9:45am (MP)		Synrgy 9-9:55am (FC)
Cycle 9-9:55am (FC)	Cycle 9-9:55am (FC)	Baby and me – Yoga 10:05-11am (S2)	Synrgy 9am-9:45am (FC)		Bootcamp 9-9:55am (G)	
Baby & Me – Fitness 10:05-11am (G)	Strength – Gentle Fit 10:05-11am (G)	Cardio Dance – Zumba 10:05-11am (G)	Strength – Gentle Fit 10:05-11am (G)	Aquafit – Shallow Warm Water 10-10:45 (TP)	Cardio Dance – Zumba 10:05-11am (G)	
Yoga 10:05-11am (MPR)	Yoga 10:05-11am (MPR)		Yoga 10:05-11am (MPR)	Yoga 10:05-11am (MPR)	Yoga - Flow 10:05-11am (MPR)	
LATE MORNING & AFTERNOON						
	Synrgy 10:05-10:50am (FC)	Barre 10:15-11am (MPR)		Cardio Dance – Zumba 10:05-11am (G)	Yoga - Restorative 11:10am-12:05pm (MPR)	
	Bridge to Wellness 11:10am-12:10pm (MPR)		Bridge to Wellness 11:10am-12:10pm (MPR)			
Aquafit Shallow/Deep 12:15-1pm (MP)	Aquafit Shallow/Deep 12:15-1pm (MP)	Core 11:10-11:40 (MPR)	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 (MPR)		
Barre 6-6:45pm (MPR)	Strength – LIFT 6-6:55pm (G)	Yoga 7-7:55pm (MPR)	Bootcamp 7-7:55pm (G)	Synrgy 6-6:45pm (FC)		
Cardio Dance – Zumba 7-7:55pm (G)	Cycle 7-7:55pm (FC)	Cardio Dance – Zumba 7-7:55pm (G)				
Yoga - Flow 7-7:55(MPR)	Cardio Dance – Zumba 7-7:55pm (MPR)	Aquafit-Zumba 8:10pm-8:55pm (MP)				
	Tai Chi 7:05-8:00pm (MPR)					
	Tai Chi Qigong 8:05-9:00pm (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)