



William Lutsky Family YMCA

Group Fitness Schedule | September 9 – December 22

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						
	Bootcamp 6-6:45am (G)		Cycle 6-6:45am (FC)			
Yoga - Flow 7:45-8:40am (MPR)	Aquafit Shallow/Deep 8-8:45am (MP)	Cycle 8-8:45am (FC)	Aquafit Shallow/Deep 8-8:45am (MP)	Core 8:15-8:45am (FC)		Core 8:15-8:45 (MPR)
Strength 9-9:55am (G)	Core 8:15-8:45 (MPR)		HIIT 9-9:55am (G)	Cardio & Strength 9-9:55am (G)		
HIIT 9-9:45 (MPR)	Step 9-9:55am (G)	Cardio & Strength 9-9:55am (G)	Yoga - Chair 9-9:55am (MPR)	Cycle 9-9:55am (FC)		
Aquafit Shallow/Deep 9-9:45am (MP)	Yoga - Chair 9-9:55am (MPR)	Aquafit Shallow/Deep 9-9:45am (MP)		Aquafit Shallow/Deep 9-9:45am (MP)		Synrgy 9-9:45am (FC)
Cycle 9-9:55am (FC)	Cycle – Gentle fit 9-9:45am (FC)		Synrgy 9am-9:45am (FC)		Bootcamp 9-9:55am (G)	
	Aquafit – Shallow 9-9:45am (MP)					
LATE MORNING & AFTERNOON						
Cardio & Strength – Baby and me 10:05-11am (G)	Cardio & Strength – Gentle Fit 10:05-11am (G)	Cardio Dance – Zumba 10:05-11am (G)	Cardio & Strength – Gentle Fit 10:05-11am (G)	Strength Baby & Me 10:05-10:50am (G)	Cardio Dance – Zumba 10:05-11am (G)	Cardio Dance – Zumba 10:05-11am (MPR)
Yoga 10:05-11am (MPR)	Yoga 10:05-11am (MPR)	Barre 10:15-11am (MPR)	Yoga 10:05-11am (MPR)	Yoga 10:05-11am (MPR)	Yoga 10:05-11am (MPR)	
	Synrgy 10:05-10:50am (FC)	Essentrics - Apprentice class 11:10-12:05 (MPR)		Cardio Dance – Zumba 10:05-11am (G)	Yoga - Restorative 11:10 am -12:05 pm (MPR)	
Essentrics - Apprentice class 11:10-12:05 (MPR)	Aquafit – Warm Water 10-10:45 (TP)	Core 11:10-11:40 (MPR)		Aquafit – Warm Water 10-10:45 (TP)		
Aquafit Shallow/Deep 12:15-1pm (MP)	Bridge to Wellness 11:10am-12:10pm (MPR)	Yoga Sculpt 12-12:55pm (S2)	Bridge to Wellness 11:10am-12:10pm (MPR)	Yoga – Chair 11:10am -12:05pm (MPR)		
Synrgy 12:15-1pm (FC)	Aquafit Shallow/Deep 12:15-1pm (MP)	Cycle 12:15-1pm (FC)	Aquafit Shallow/Deep 12:15-1pm (MP)	HIIT 12:15-1pm (S2)		
EVENING						
Strength 6-6:55pm (G)	Yoga - Flow 5:30-6:25pm (MPR)	Barre 6-6:45pm (MPR)	Cycle 6-6:55pm (FC)	HIIT 6-6:45 PM (MPR)		
Barre 6-6:45pm (MPR)	Strength – LIFT 6-6:55pm (G)	Yoga 7-7:55pm (MPR)	Synrgy 7-7:45pm (G)	Cardio Dance – Zumba 7-7:55pm (G)		
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 (S2)					
	Tai Chi Qigong 8:05-9:00pm (S2)					

ymcanab.ca/groupfitness

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)