



Hours of Operation
 Monday to Friday: 5:30am–9pm
 Saturdays: 7am–6pm
 Sundays: 8am–4pm
 Statutory Holidays: Closed

10211 102 Avenue
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 (780) 452–YMCA (9622)

Don Wheaton Family YMCA

Group Fitness Schedule | January 6 – March 22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
	Cycle 6:15-7am (CR)	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 2 9:30-10:30am (S2)	Yoga - Chair 9:45-10:45am (S2)		Cardio Dance 9-9:45am (S2)
LATE MORNING & EARLY AFTERNOON						
Core 11-11:45am (S2)	Barre 11-11:45am (S2)	Cardio & Strength 11:00-11:45am (S2)	Barre 11-11:45am (S2)		Cardio & Strength 10-10:45am (S2)	Yoga-Flow 10am-10:55am (S2)
	Cycle 11-11:45am (CR)		Cycle 11-11:45am (CR)	Strength 11-11:45am (G)	Cycle 11-11:45am (CR)	Cardio & Strength – Synrgy360 11-11:55am (FTR)
Yoga – Flow 12:05-1pm (S2)pm	Yoga Sculpt 12:05-12:50 (S2)		Cardio & Strength – Synrgy360 12:05-12:50pm (FTR)	Yoga - Restorative 12:05-12:50pm (S2)		
Cycle 12:05-12:50pm (CR)	Strength – LIFT 12:05-12:50pm (G)	Cycle 12:05-12:50pm (CR)				
	Bridge to Wellness Level 1 1:15-2:15pm (S1)		Bridge to Wellness Level 1 1:15-2:15pm (S1)			
EVENING						
	Strength 5-5:55pm (FTR)		HIIT 5-5:55pm (FTR)			
Bootcamp 5:30-6:25pm (G)	Cardio Dance 5-5:55pm (G)	Strength – LIFT 5:15-6:10pm (G)	Cardio Dance – Zumba 5:30-6:25pm (G)	<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. Studio 1 (S1), Studio 2 (S2), Functional Training Room (FTR), Gymnasium (G), Main Pool (MP), Community Room (CR)</i>		
	Yoga – Flow 6-6:55pm (S2)	Step 6:30-7:15PM (S2)	Cycle 6-6:55pm (CR)			