



# William Lutsky Family YMCA

## Group Fitness Schedule | January 6 – March 30

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