



Adult Group Fitness and Recreation

Don Wheaton Family YMCA | Sep 8th-Dec 21st

HOURS OF OPERATION

M– F: **5:30am–9pm** | Saturday: **7am–9pm** | Sunday: **7am–9pm**
Statutory Holidays(open on rotation): September 30th, **National Truth & Reconciliation Day:** Closed, October 13th, **Thanksgiving:** Open 8:00am-4:00pm (no drop in or registered classes are running) / November 11th, **Remembrance Day:** closed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
Yoga 6:15-7:00am (S2)	Cycle 6:15-7am (S1)	Strength 6:15-7am (S2)	Cycle 6:15-7am (S1)	Strength 6:15-7am (S2)		
					Strength 9-9:45am (S2)	Cardio Dance 9-9:45am (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 <i>9:30-10:30AM (S2)</i>	Yoga-Chair 9:45-10:45am (S2)		Yoga-Flow 10-10:55am (S2)
LATE MORNING (11am) & AFTERNOON						
Core 11-11:45am (S2)	Barre 11-11:45AM (S2)	Cardio Strength 11-11:45am (S2)	Barre 11-11:45am (S2)	Strength 11-11:45am (G)		Cardio & Strength Synrgy360 11-11:55am (FTR)
	Cycle 11-11:45am (S1)		Cycle 11-11:45am (S1)			
Yoga-Flow 12:05-1pm (S2)	Yoga-Sculpt 12:05-12:50pm (S2)	Cycle 12:05-12:50pm (S1)	Cardio & Strength Synrgy360 12:05-12:50pm (FTR)	Yoga 12:05-12:55pm (S2)		
Cycle 12:05-12:50pm (S1)	Strength-Lift 12:05-12:50pm (G)			Cycle and Strength 12:05PM-12:55PM (S1)		
	Bridge to Wellness Level 1 <i>1:15-2:15pm (G)</i>		Bridge to Wellness Level 1 <i>1:15-2:15pm (G)</i>			
EVENING						
Bootcamp 5:30-6:25pm (G)	Cardio Dance 5:00PM-5:55pm (G)	HIIT 5:30pm-6:15pm (FTR)	Strength-Lift 5:30PM-6:15pm (G)	HIIT 5:30-6:25pm (FTR)		
Cycle and Strength 5:30PM-6:15PM (S1)	Strength 5:30pm-6:25pm (FTR)	Cardio Dance-Zumba 5:30-6:20pm (S2)				
TRX 6:30PM-7:15pm (FTR)	Yoga-Flow 6:30-7:25pm (S2)	TRX 6:30PM-7:15pm (FTR)	Stretch and mobility 6:30PM-7:15pm (S2)	Bootcamp - Circuit 6:30pm-7:25pm (S2)		
			Aquafit Deep/Shallow 8:00pm-8:45pm (MP)			

Recreational Sports (G)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:30am-8:30am	Open Gym 5:30am-8:30am	Open Gym 5:30am-8:30am	Open Gym 5:30am-8:30am	Open Gym 5:30am-8:30am	Pickleball 7:00am-9:30am	Open Gym 7:00am-9:00am
Open Gym 10:00am-12:45pm	Open Gym 10-11:50am	Open Gym 10-10:45am	Open Gym 10-11:00am	Open Gym 10-10:45am		Pickleball (Registered) 9:00am-11:00am
Badminton/Pickleball 1:00pm-3:00pm		Open Gym 10:45am-12:00PM	Badminton/Pickleball 11:10am-12:45pm	Open Gym 12:00pm-2:00pm	Open Gym 1:30pm-8:45pm	Open Gym 11:30am-8:40pm
Open Gym 3:15-5:00pm	Open Gym 1:00-4:45pm	Open Gym 12- 4:30pm	Open Gym 3:15-5:00PM	Volleyball 2:00pm-4:00pm		
				Open Gym 4:00-6:00PM		
Basketball (Registered) 6:45-8:45pm	Ball Hockey (Registered) 6:05-8:45pm	Open Gym 7:30- 8:45pm	Open Gym 6:30-8:45pm	Basketball 6:00pm-8:45pm		

Legend: (S1) Studio 1 (S2) Studio 2 (G) Gym (TP) Teach Pool (FC) Fitness Centre (MPR) Multipurpose Room (FTR) Functional Training room

Note: Bridge to Wellness is a registered sessional program.

Registration: Pre-Registration is required for everything except open gym. Registration opens Fridays at 7am for the following Monday-Sunday. Sign up at ymcanab.ca/register