



Adult Group Fitness and Recreation

Don Wheaton Family YMCA | Jan 5th –Mar 21st

HOURS OF OPERATION

M– F: **5:30am–9pm** | Saturday: **7am–9pm** | Sunday: **7am–9pm**
Statutory Holidays (open on rotation): Family Day Feb 16th: **Open 8AM-4PM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
	Cycle 6:15-7am (S1)	Strength 6:15-7am (S2)	Cycle 6:15-7am (S1)	Strength 6:15-7am (S2)		
					Cycle 9:00-9:45am (S1)	Cardio Dance 9-9:45am (S2)
Aquafit Deep/Shallow 9:45-10:30am (MP)	Cardio & Strength – Gentle fit 9:45-10:40am (S2)	Aquafit Deep/Shallow 9:45-10:30am (MP)	Bridge to Wellness Level 2 9:30-10:30AM (S2)	Yoga-Chair 9:45-10:40am (S2)	Strength 10:00-10:45am (FTR)	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 Synergy 360 11-11:55am (FTR)
	Cycle 11-11:45am (S1)		Cycle 11-11:45am (S1)			
Yoga-Flow 12-1pm (S2)	Yoga-Sculpt 12:05-12:50pm (S2)	Cycle 12:05-12:50pm (S1)	Cardio & Strength Synergy360 12:05-12:50pm (FTR)	Stretch and Mobility 12:05-12:50pm (S2)		
Cycle 12:05-12:50pm (S1)	Strength-Lift 12:05-12:50pm (G)			Cycle and Strength 12:05PM-12:50pm (S1)		
	Bridge to Wellness Level 1 1:15-2:15pm (S2)		Bridge to Wellness Level 1 1:15-2:15pm (S2)			
EVENING						
Bootcamp 5:30-6:25pm (G)	Cardio Dance 5-5:55pm (S2)	HIIT 5:30-6:15pm (FTR)	Cardio & Strength 5:30pm-6:15pm (S2)	HIIT 5:30-6:15pm (FTR)		
Cycle and Strength 5:30-6:15pm (S1)	Strength 5:30-6:25pm (FTR)	Stretch and Mobility 5:30-6:15pm (S2)	Strength-Lift 5:30-6:25pm (G)	Cardio Dance 5:30-6:15pm (S2)		
TRX 6:30-7:15pm (FTR)	Yoga-Flow 6-6:55pm (S2)	TRX 6:30-7:15pm (FTR)	Yoga 6:30pm-7:15pm (S2)	Bootcamp - Circuit 6:30-7:25pm (S2)		

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	Open Gym 7:00am-9:30am	Open Gym 8:00am-9:00am
Open Gym 10:00am-12:45pm	Open Gym 10-11:50am	Open Gym 10-10:45am	Open Gym 10-11:45am	Open Gym 10-10:45am	Pickleball 12:00pm-1:15pm	Pickleball 9:00am-11:00am
Badminton/Pickleball 1:00pm-3:00pm		Open Gym 10:45am-12:00PM	Open Gym 12-3:00pm	Open Gym 12:00pm-4:00pm	Open Gym 1:30pm-8:45pm	Open Gym 11:30am-8:45pm
Open Gym 3:15-5:00pm	Open Gym 1:00-4:45pm	Open Gym 12- 4:30pm	Pickleball 3:15-7:15PM	Volleyball 4:00pm-6:00pm		
Basketball 6:45-8:45pm	Ball Hockey 6:05-8:45pm	Open Gym 7:30- 8:45pm	Open Gym 7:30-8:45pm	Basketball 6:00pm-8:45pm		

Legend: (S1) Studio 1 (S2) Studio 2 (G) Gym (TP) Teach Pool (FC) Fitness Centre (MP) Main Pool (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