



Adult Group Fitness and Recreation

Don Wheaton Family YMCA | Dec 29nd–Jan 04th

HOURS OF OPERATION
M– F: **5:30am–9pm** | Sat-Sun: **7am–9pm**
Statutory Holidays (open on rotation):
December 25th, **Christmas Day:** All Centres Closed | December 26th, **Boxing Day:** Closed |
January 1st, **New Year’s Day:** Closed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
	Cycle 6:15-7am (S1)	Strength 6:15-7:00am (S2)		Strength 6:15-7:00am (S2)		
						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)				Yoga-Flow 10-10:55am (S2)
LATE MORNING (11am) & AFTERNOON						
Core 11-11:45am (S2)				Stretch & Mobility 12:05-12:50pm (S2)		
	Cycle 11-11:45am (S1)	Cardio & Strength 11:00-11:45am (S2)		Cycle and Strength 12:05-12:50pm (S1)		
Yoga-Flow 12:05-1pm (S2)	Yoga-Sculpt 12:05-12:50pm (S2)	Cycle 12:05-12:50pm (S1)				
Cycle 12:05-12:50pm (S1)	Strength-Lift 12:05-12:50pm (G)					
EVENING						
Bootcamp 5:30-6:25pm (G)						
Cycle & Strength 5:30pm-6:25pm (S1)				Boot Camp 6:30-7:15pm (S2)		
TRX 6:30-7:15pm (FTR)	Yoga-Flow 6-6:55pm (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 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			Pickleball 12:00pm-1:15pm	Pickleball 9:00am-11:00am
Badminton/Pickleball 1:00pm-3:00pm	Open Gym 12:00pm-1:00pm	Open Gym 10:45am-12:00PM			Open Gym 1:30pm-8:50pm	Open Gym 11:30am-8:50pm
Open Gym 3:15-5:00pm	Open Gym 1:00-4:45pm	Open Gym 12- 4:30pm				
Basketball 6:30-8:45pm	Ball Hockey 6:05-8:45pm	Open Gym 7:30- 8:45pm				

Legend: (MPR) Multipurpose Room (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