



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): New Year’s Eve: 5:30AM-4PM | 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)		Yoga-Flow 10-10:55am (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)		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-6:15pm (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-12:45pm	Open Gym 5:30am-11:45pm	Open Gym 5:30am-3:45pm		Open Gym 5:30am-6:30pm	Open Gym 7:00am-9:00pm	Pickleball 8:00am-9:00pm
Badminton/Pickleball 1:00pm-3:00pm	Open Gym 1:05-8:45pm			Basketball 6:45-8:45pm	Pickleball 9:00am-1:15pm	Pickleball 9:00am-1:15pm
Open Gym 3:15-5:15pm					Open Gym 1:30pm-8:45pm	Open Gym 1:30pm-8:45pm
Basketball 6:45-8:45pm						

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