



Adult Group Fitness and Recreation

Don Wheaton Family YMCA | Mar 30th – Apr 5th

HOURS OF OPERATION

M– F: **5:30am–9pm** | Saturday: **7am–9pm** | Sunday: **7am–9pm**

Statutory Holidays (open on rotation): Good Friday Apr 3rd: **closed**, Victoria Day May 18th: **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) | Closed | | |
| | | | | Closed | Cycle 9:00-9:45am (S1) | Cardio Dance 9-9:45am (S2) |
| Aquafit Deep/Shallow 9:45-10:30am (MP) | Cardio & Strength – Gentle fit 9:45-10:45am (S2) | Aquafit Deep/Shallow 9:45-10:30am (MP) | | Closed | Strength 10:00-10:55am (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) | Closed | | Cardio & Strength Synergy 360 11-11:55am (FTR) |
| | Cycle 11-11:45am (S1) | | Cycle 11-11:45am (S1) | Closed | | |
| Yoga-Flow 12:05-1pm (S2) | Yoga-Sculpt 12:05-12:50pm (S2) | Cycle 12:05-12:50pm (S1) | Cardio & Strength Synergy360 12:05-12:50pm (FTR) | Closed | | |
| Cycle 12:05-12:50pm (S1) | Strength-Lift 12:05-12:50pm (G) | | | Closed | | |
| EVENING | | | | | | |
| Bootcamp 5:30-6:25pm (G) | Cardio Dance 5-5:55pm (S2) | HIIT 5:30-6:25pm (FTR) | Cardio & Strength 5:30pm-6:15pm (S2) | Closed | | |
| 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) | Closed | | |
| TRX 6:30-7:15pm (FTR) | Yoga-Flow 6-6:55pm (S2) | TRX 6:30-7:15pm (FTR) | Yoga 6:30pm-7:15pm (S2) | Closed | | |

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 | Branch Closed Good Friday | Open Gym 7:00-10:00am | Open Gym 7:00am-8:45am |
| Open Gym 10:00am-12:45pm | Open Gym 10-11:50am | Open Gym 10-10:45am | Open Gym 10-11:45am | | Pickleball 10:00am-12:30pm | Pickleball 9:00am-11:00am |
| Badminton 1:00pm-3:00pm | Open Gym 1:15-3:00pm | Open Gym 10:45am-4:30PM | Badminton 12:00-3:00pm | | Open Gym 12:45pm-8:45pm | Badminton 11:15am-1:15pm |
| Open Gym 3:15-5:00pm | Open Gym 3:00-5:45pm | Open Gym 12- 4:30pm | Open Gym 3:15-5:00pm | | | Basketball 1:30pm-3:30pm |
| Basketball 6:45-8:45pm | Ball Hockey 6:00-8:45pm | Open Gym 7:30- 8:45pm | Pickleball 6:45-8:45pm | | | Open Gym 3:45am-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