



# Adult Group Fitness and Recreation

Don Wheaton Family YMCA | Apr 6<sup>th</sup> – June 14<sup>th</sup>

## HOURS OF OPERATION

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

**Statutory Holidays (open on rotation):** Good Friday Apr 3<sup>rd</sup>: **closed**, Victoria Day May 18<sup>th</sup>: **open 8AM-4PM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>EARLY MORNING</b>						
	<b>Cycle</b> 6:15-7am (S1)	<b>Strength</b> 6:15-7am (S2)	<b>Cycle</b> 6:15-7am (S1)	<b>Strength</b> 6:15-7am (S2)		
					<b>Cycle</b> 9:00-9:45am (S1)	<b>Cardio Dance</b> 9-9:45am (S2)
<b>Aquafit</b> Deep/Shallow 9:45-10:30am (MP)	<b>Cardio &amp; Strength – Gentle fit</b> 9:45-10:45am (S2)	<b>Aquafit</b> Deep/Shallow 9:45-10:30am (MP)	<b>Bridge to Wellness Level 2</b> 9:30-10:30AM (S2)	<b>Yoga-Chair</b> 9:45-10:40am (S2)	<b>Strength</b> 10:00-10:55am (FTR)	<b>Yoga-Flow</b> 10-10:55am (S2)
<b>LATE MORNING (11am) &amp; AFTERNOON</b>						
<b>Core</b> 11-11:45am (S2)	<b>Barre</b> 11-11:45am (S2)	<b>Cardio Strength</b> 11-11:45am (S2)	<b>Barre</b> 11-11:45am (S2)	<b>Strength</b> 11-11:45am (G)		<b>Cardio &amp; Strength Synergy 360</b> 11-11:55am (FTR)
	<b>Cycle</b> 11-11:45am (S1)		<b>Cycle</b> 11-11:45am (S1)	<b>Learn to Pickleball</b> 12pm-12:45pm (G)		
<b>Yoga-Flow</b> 12:05-1pm (S2)	<b>Yoga-Sculpt</b> 12:05-12:50pm (S2)	<b>Cycle</b> 12:05-12:50pm (S1)	<b>Cardio &amp; Strength Synergy360</b> 12:05-12:50pm (FTR)	<b>Stretch and Mobility</b> 12:05-12:50pm (S2)		
<b>Cycle</b> 12:05-12:50pm (S1)	<b>Strength-Lift</b> 12:05-12:50pm (G)			<b>Cycle and Strength</b> 12:05PM-12:50pm (S1)		
	<b>Bridge to Wellness Level 1</b> 1:15-2:15pm (S2)		<b>Bridge to Wellness Level 1</b> 1:15-2:15pm (S2)			
<b>EVENING</b>						
<b>Bootcamp</b> 5:30-6:25pm (G)	<b>Cardio Dance</b> 5-5:55pm (S2)	<b>HIIT</b> 5:30-6:25pm (FTR)	<b>Cardio &amp; Strength</b> 5:30pm-6:15pm (S2)	<b>HIIT</b> 5:30-6:25pm (FTR)		
<b>Cycle and Strength</b> 5:30-6:15pm (S1)	<b>Strength</b> 5:30-6:25pm (FTR)	<b>Stretch and Mobility</b> 5:30-6:15pm (S2)	<b>Strength-Lift</b> 5:30-6:25pm (G)	<b>Cardio Dance</b> 5:30-6:20pm (S2)		
<b>TRX</b> 6:30-7:15pm (FTR)	<b>Yoga-Flow</b> 6-6:55pm (S2)	<b>TRX</b> 6:30-7:15pm (FTR)	<b>Yoga</b> 6:30pm-7:15pm (S2)	<b>Bootcamp - Circuit</b> 6:30-7:25pm (S2)		

## Recreational Sports (G)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Open Gym</b> 5:30am-8:30am	<b>Open Gym</b> 5:30am-8:30am	<b>Open Gym</b> 5:30am-8:30am	<b>Open Gym</b> 5:30am-8:30am	<b>Open Gym</b> 5:30am-8:30am	<b>Open Gym</b> 7:00-10:00am	<b>Open Gym</b> 7:00am-8:45am
<b>Open Gym</b> 10:00am-12:45pm	<b>Open Gym</b> 10-11:50am	<b>Open Gym</b> 10-4:30am	<b>Open Gym</b> 10-11:45am	<b>Open Gym</b> 10-10:45am	<b>Pickleball</b> 10:00am-12:30pm	<b>Pickleball</b> 9:00am-11:00am
<b>Badminton</b> 1:00pm-3:00pm	<b>Open Gym</b> 1:15-3:00pm	<b>Child &amp; Youth programs</b> 4:30pm-7:15pm	<b>Badminton</b> 12:00-3:00pm		<b>Child &amp; Youth programs</b> 12:45pm-5:15pm	<b>Badminton</b> 11:15am-1:15pm
<b>Open Gym</b> 3:15-5:00pm	<b>Open Gym</b> 3:00-5:45pm		<b>Open Gym</b> 3:15-5:00pm	<b>Open Gym</b> 1:00pm-6:00pm		<b>Basketball</b> 1:30pm-3:30pm
<b>Basketball</b> 6:45-8:45pm	<b>Ball Hockey</b> 6:00-8:45pm	<b>Open Gym</b> 7:30- 8:45pm	<b>Pickleball</b> 6:45-8:45pm	<b>Basketball</b> 6:00pm-8:45pm	<b>Open Gym</b> 5:30pm-8:45pm	<b>Open Gym</b> 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](http://ymcanab.ca/register)