



Adult Group Fitness and Recreation

Don Wheaton Family YMCA | June 29th– Aug 23rd

HOURS OF OPERATION

M– F: **5:30am–9pm** | Saturday: **7am–9pm** | Sunday: **7am–9pm**,
Statutory Holidays (open on rotation): Canada Day, July 1st: **closed**, Heritage Day, Aug 3rd: **Open 8am-4pm**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
Yoga 6:15-7am (S2)	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 9:45-10:45am (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 10:00-10:55am (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)	Strength 11-11:45am (G)		Cardio & Strength Synergy 360 11-11:55am (FTR)
			Cycle 11-11:45am (S1)			
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)	Stretch and Mobility 12:05-12:50pm (S2)		
Cycle 12:05-12:50pm (S1)	Strength-Lift 12:05-12:50pm (G)					
	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)	Strength 5:30-6:25pm (FTR)	HIIT 5:30-6:25pm (FTR)	Cardio & Strength 5:30pm-6:15pm (S2)			
	Yoga-Flow 6-6:55pm (S2)	Stretch and Mobility 5:30-6:15pm (S2)	Strength-Lift 5:30-6:25pm (G)			
		TRX 6:30-7:15pm (FTR)	Yoga 6:30pm-7:15pm (S2)			

Recreational Sports (G)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:30-7:15am	Open Gym 5:30-7:15am	Open Gym 5:30-7:15am	Open Gym 5:30-7:15am	Open Gym 5:30-7:15am	Open Gym 7:00-8:45am	Open Gym 7:00-8:45am
Day Camps 7:30am-5:00pm	Day Camps 7:30-11:45am	Day Camps 7:30am-5:00pm	Day Camps 7:30am-5:00pm	Day Camps 7:30-9:30am	Pickleball 9:00am-12:30pm	Pickleball 9:00-11:00am
	Open Gym 1:15-3:30pm			Open Gym 9:45-10:45am	Open Gym 12:45-8:45pm	Badminton 11:15am-1:15pm
	Day Camps 3:45-5:00pm			Day Camps 12:00-5:00pm		Basketball 1:30-3:30pm
Basketball 6:45-8:45pm	Ball Hockey 6:00-8:45pm	Open Gym 5:15-8:45pm	Pickleball 6:45-8:45pm	Basketball 5:15-8:45pm		Open Gym 3:45-8:45pm

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