



Adult Group Fitness and Recreation

Don Wheaton Family YMCA | Aug 24th – Sept 6th

HOURS OF OPERATION

M– F: **5:30am–9pm** | Saturday: **7am–9pm** | Sunday: **7am–9pm**,
Statutory Holidays (open on rotation): Labour Day, Sep 7th: **closed**,

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
Yoga 6:15-7am (S1)	Cycle 6:15-7am (CR)	Strength 6:15-7am (S1)	Cycle 6:15-7am (CR)	Strength 6:15-7am (S1)		
					Cycle 9-9:45am (CR)	Cardio Dance 9-9:45am (S1)
Aquafit Deep/Shallow 9:45-10:30am (MP)	Cardio & Strength – Gentle fit 9:45-10:45am (S1)	Aquafit Deep/Shallow 9:45-10:30am (MP)		Yoga-Chair 9:45-10:40am (S1)	Strength 10-10:55am (FTR)	Yoga-Flow 10-10:55am (S1)
LATE MORNING (11am) & AFTERNOON						
Core 11-11:45am (S1)	Barre 11-11:45am (S1)	Cardio Strength 11-11:45am (S1)	Barre 11-11:45am (S1)	Strength 11-11:45am (S1)		Cardio & Strength Synergy 360 11-11:55am (FTR)
Yoga-Flow 12:05-1pm (S1)			Cycle 11-11:45am (S1)			
Cycle 12:05-12:50pm (CR)	Strength-Lift 12:05-12:50pm (S1)	Cycle 12:05-12:50pm (CR)	Cardio & Strength Synergy360 12:05-12:50pm (FTR)	Stretch and Mobility 12:05-12:50pm (S1)		
EVENING						
Bootcamp 5:30-6:25pm (S1)	Strength 5:30-6:25pm (FTR)	HIIT 5:30-6:25pm (FTR)	Cardio & Strength 5:30pm-6:15pm (S1)			
	Yoga-Flow 6-6:55pm (S1)	Stretch and Mobility 5:30-6:15pm (S1)	Yoga 6:30pm-7:15pm (S1)			
		TRX 6:30-7:15pm (FTR)				

Recreational Sports (G)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Gym Closed						

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