



Adult Group Fitness and Recreation

Don Wheaton Family YMCA | Sep 14th –Dec 20th

HOURS OF OPERATION

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

Statutory Holidays (open on rotation): Truth and Reconciliation Day, Sep 30th: **open 8am-4pm**, Thanksgiving Day, Oct 12th: **Closed**, Remembrance Day, Nov 11th: **Open 8am-4pm**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
Yoga 6:15-7am (S2)	Cycle 6:15-7am (CR)	Strength 6:15-7am (S2)	Cycle 6:15-7am (CR)	Strength 6:15-7am (S2)		
					Cycle 9-9:45am (CR)	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 (S1)	Yoga-Chair 9:45-10:40am (S2)	Strength 10-10:55am (FC)	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)		Strength 11-11:45am (G)	Learn to Pickleball 11am-12pm (G)	Cardio & Strength Synergy 360 11-11:55am (FC)
	Cycle 11-11:45am (CR)		Cycle 11-11:45am (CR)			
Cycle 12:05-12:50pm (CR)	Yoga-Sculpt 12:05-12:50pm (S2)	Cycle 12:05-12:50pm (CR)	Cardio & Strength Synergy360 12:05-12:50pm (FC)	Stretch and Mobility 12:05-12:50pm (S2)		
Yoga-Flow 12:05-1pm (S2)	Strength-Lift 12:05-12:50pm (G)	Total Tone 12:15-12:45pm (S2)	Total Tone 12:15-12:45pm (S2)			
	Bridge to Wellness Level 1 1:15-2:15pm (S1)		Bridge to Wellness Level 1 1:15-2:15pm (S1)			
EVENING						
Bootcamp 5:30-6:25pm (G)	Cardio Dance 5-5:55pm (S2)	Total Tone 5:30-6:00pm (S1)	Learn to Pickleball 5:00-6:00pm (G)	HIIT 5:30-6:25pm (FC)		
Total Tone 5:30pm-6:00pm (S1)	Strength 5:30-6:25pm (FC)	TRX 6:30-7:15pm (S1)	Cardio & Strength 5:30pm-6:15pm (S2)			
	Yoga-Flow 6-6:55pm (S2)		Strength-Lift 5:30-6:25pm (G)			
			Yoga 6:30pm-7:15pm (S2)			

Recreational Sports (G)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:30-8:30am	Open Gym 5:30-8:30am	Open Gym 5:30-8:30am	Open Gym 5:30-8:30am	Open Gym 5:30-8:30am	Open Gym 7:00-7:45am	Open Gym 7:00-11:45am
Open Gym 10:00am-5:00pm	Open Gym 10:00-11:45am	Open Gym 10:00am-3:45pm	Open Gym 10:00am-5:00pm	Open Gym 12:00-5:45pm	Pickleball 8:00-9:30am	Family Multi-Sport 12:00-3:00pm
	Open Gym 1:15-5:45pm				Pickleball 9:30-10:45am	
		Teen Night 4:00-7:00pm			Family Multi-Sport 12:15-2:15pm	Open Gym 3:15-8:45pm
Basketball 6:45-8:45pm	Badminton League 6:00-8:45pm	Open Gym 7:15-8:45pm	Badminton/Pickleball 6:45-8:45pm	Basketball 6:00-8:45pm	Open Gym 2:30-8:45pm	

Legend: (S1) Studio 1 (S2) Studio 2 (CR) Cycle Room (G) Gym (FC) Fitness Centre (MP) Main Pool (TP) Teach Pool

Note: Bridge to Wellness is a registered sessional program.

Note: Learn to Pickleball is a registered 4 week 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**