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: 7**am–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* *(S2)*	**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)				
	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)	**Learn to Pickleball** 5:00-6:00pm (G)	**Total Tone** 5:30-6:00pm (S1)	**Cardio & Strength** 5:30pm-6:15pm (S2)	**HIIT** 5:30-6:25pm (FC)		
Total Tone 5:30pm-6:00pm (S1)	**Cardio Dance** 5-5:55pm (S2)	**TRX** 6:30-7:15pm (S1)	**Strength-Lift** 5:30-6:25pm (G)			
Yoga 6:30pm-7:15pm (S2)	**Strength** 5:30-6:25pm (FC)		**Yoga** 6:30pm-7:15pm (S2)			
	Yoga-Flow 6-6:55pm (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 **Pickleball** 9:30-10:45am	**Family Multi-Sport** 12:00-3:00pm
	Open Gym 1:15-5:45pm	**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** 6:15-8:45pm	**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) Cyc le 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**