



William Lutsky Family YMCA | Facility Schedule | September 1 – September 8th, 2019

Location Address
 1975 111 Street
 Edmonton, AB T6J 7C6
 780-439-YMCA (9622)

Hours of Operation
 Monday to Friday: **5:30am-10:30pm**
 Weekends & Holidays: **7am-9pm**
**Pool closes 15 minutes before the centre closes*

Statutory Holidays
Monday, September 2 – Labour Day

Group Fitness

Mon SEPTEMBER 2	Tues SEPTEMBER 3	Wed SEPTEMBER 4	Thu SEPTEMBER 5	Fri SEPTEMBER 6	Sat SEPTEMBER 7	Sun SEPTEMBER 8
		Core 8:15-8:45am (MPR)		Core 8:15-8:45am (MPR)	Yoga 8-9am (MPR)	Yoga 8-9am (MPR)
	Barre 9-9:45am (MPR)		Barre 9-9:45am (MPR)	Strength TotalBody 9-9:55am (MPR)	Step & Strength 9-9:55am (MPR)	Barre 10-10:45am (MPR)
	Synrgy 360 Circuit 9-10am (WOC)	Synrgy 360 Circuit 9-10am (WOC)	Synrgy 360 Circuit 9-9:45am (WOC)	Synrgy 360 Circuit 9-10am (WOC)	Cyclefit 9-10am(WOC)	
Cyclefit 10am-11am (WOC)	Seated Yoga 10-11am (MPR)	Cyclefit 9:30-10:30am(WOC)	Cyclefit 9:45-10:30am(WOC)	Cyclefit 9:30-10:30am(WOC)		
Strong by Zumba® 10am-11am (MPR)	Bridge to Wellness 11:30am-12:30(MPR)	Zumba® 10:05-11am (MPR)		Zumba® 10:05-11am (MPR)		
		Yoga 11am-12pm (MPR)	Yoga 10-11pm (MPR)	Seated Yoga 11am-12pm (MPR)	Zumba® 11:10am-12:05pm (WOC)	Yoga 11am-12pm (MPR)
			Bridge to Wellness 11:30am-12:30(MPR)			
		HIIT 5:30-6pm (WOC)		HIIT 5:30-6pm (WOC)		
		Barre 6-6:45pm (MPR)	Barre 6-6:45pm (MPR)		All YOGA, CYCLEFIT & SYNRGY 360 classes require a sign-up tag due to popular demand; tags are made available 15 minutes prior to the start of class at the Membership desk.	
	High Fitness 6:15-7:10pm (MPR)					
		Yoga 7-8pm (MPR)	Yoga 7-8pm (MPR)			

ROOM & PROGRAM LOCATIONS

(G) Gymnasium | (MPR) Multi Purpose Room | (S2) Studio 2 | (WOC) Workout Centre | (C) Court | (MP) Main Pool | (TP) Teach Pool

Recreational Sports

Mon	Tues	Wed	Thu	Fri	Sat	Sun
SEPTEMBER 2	SEPTEMBER 3	SEPTEMBER 4	SEPTEMBER 5	SEPTEMBER 6	SEPTEMBER 7	SEPTEMBER 8

OPEN GYM

GYMNASIUM CLOSED FOR ANNUAL MAINTENANCE

Re-Opens: September 9

Childminding (0-5yrs)

This drop-in service is FREE for members and offers you the chance to utilize YMCA programs & services while your children enjoy a safe, interactive & fun environment! Call 780 437-8485 for advanced booking.	Mon	Tues	Wed	Thu	Fri	Sat	Sun
	September 2	September 3	September 4	September 5	September 6	SEPTEMBER 7	SEPTEMBER 8
	Holiday	830am-12pm 6pm-830pm			830am-12pm	9am-12:15pm	

Aquatic Schedule

Mon	Tues	Wed	Thu	Fri	Sat	Sun
SEPTEMBER 2	SEPTEMBER 3	SEPTEMBER 4	SEPTEMBER 5	SEPTEMBER 6	SEPTEMBER 7	SEPTEMBER 8

ALL POOLS CLOSED FOR ANNUAL MAINTENANCE

September 1st to SEPTEMBER 8

RE-OPENING: September 9