

Westwood Family YMCA | Intersession Facility Schedule | July 1 – July 7, 2019

Location Address

221 Tundra Drive
Fort McMurray AB, T9H4Z7
780-790-YMCA (9622)

Hours of Operation

Monday to Friday: 4:30am-10:00pm
Weekends & Holidays: 7:00am-9:00pm
Statutory Holidays: 9:00am – 7:00pm

Statutory Holidays

Monday, July 1 – Canada Day

Group Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yin Yoga 8:00-9:00am (S)		Yin Yoga 8:00-9:00am (S)				
Step 9:15-10:15am (MPR)	Cyclefit 9:15-10:15am (MPR)	Strong by Zumba 9:15-10:15am (MPR)	Yoga & Weights 9:15-10:15am (S)	Hatha Yoga 9:15-10:15am (S)	Yin Yoga 9:00-10:00am (S)	
Strong 10:30-11:30am (S)			Aqua fit 9:15-10:15am (P)	Circuit Training 10:30-11:30am (MPR)		
			Gentle Yoga 10:30-11:30am(S)			
Hatha Yoga 6-7pm (S)					<i>ALL 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. Once class has started, no additional tags will be given out.</i>	
Strong by Zumba 6-7pm (MPR)		Power Flow Yoga 6-7pm (S)	MIXXEDFIT 6-7pm (MPR)	Zumba® Toning 5:30-6:30pm (MPR)		
Zumba® 7:15-8:15pm (MPR)	Cycle & Strength 6-7pm (MPR)	Zumba® 7:15-8:15pm (MPR)				
Restorative Yoga 7:15-8:15pm (S)	Zumba® 7:15-8:15pm (MPR)	Restorative Yoga 7:15-8:15pm (S)	Zumba® 7:15-8:15pm (MPR)			

Gym Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM						
7-9:30pm	7-9:30pm	7-9:30pm	7-9:30pm	7-9:30pm	3-8pm	3-8pm

Childminding

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9am – 1pm	Closed	Closed	9am – 1pm	9am – 1pm	9am – 1pm	9am – 1pm

Aquatic Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NO CONTINUOUS SWIMMING LESSONS RUNNING FROM July 1– July 7, 2019						
MEMBER & PUBLIC SWIM / LANE SWIM						
830am -9pm	8:30am -9pm	4:30pm -9pm	8:30am -9pm	8:30pm -9pm	10:30am -6pm	10:30am-6pm

ROOM & PROGRAM LOCATIONS

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