



William Lutsky Family YMCA

Group Fitness Schedule | JULY 5–AUGUST 29

Hours of Operation

Monday to Friday: **6am–8pm**

Saturdays: **8am–4pm**

Sunday & Statutory Holidays: **Closed**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
Strength 9-10am (G)	Cycle 9-10am (S2)	Barre 9-9:45am (MR)	Cardio Kickbox 9-10am (G)	Cardio & Strength 9-10am (G)	Cardio Dance - Zumba 9-10am (G)	
Aqua Deep 9:10-9:55am (MP)		Aqua Deep 9:10-9:55am (MP)		Yoga 9-10am (MR)		
Aqua Shallow 9:10-9:55am (MP)		Aqua Shallow 9:10-9:55am (MP)	Yoga 10:10-11:10am (MR)	Cardio Dance - Zumba 10:10-11:10am (G)	Yoga 10:10-11:10am (MR)	
Yoga 10:10-11:10am (MR)	Cardio & Strength 11:15am-12pm (G)		Core 11:15am-12pm (G)			
LATE MORNING & AFTERNOON						
	Aqua Deep 12:10-12:55pm (MP)		Aqua Deep 12:10-12:55pm (MP)	Gentle Yoga 11:15am-12:15pm (MR)		
	Aqua Shallow 12:10-12:55pm (MP)		Aqua Shallow 12:10-12:55pm (MP)			
EVENING						
	Yoga 6-6:45pm (MR)	Barre 6-6:45pm (MR)				
Cardio Dance - Zumba 7-7:45pm (G)	Tai Chi 7-7:45pm (MR)	Yoga 7-7:45pm (MR)				
	Strength 7-7:45pm (G)	Cycle 7-7:45pm (S2)				

It's at times like these that we remain deeply committed to doing what we do best: creating communities where everyone can connect, belong and thrive in the Edmonton region. Be the difference for children, youth, individuals and families in your community by giving to the Y at northernalberta.ymca.ca/Give today.