



northernalberta.ymca.ca

Don Wheaton Family YMCA

September 7–October 30

Hours of Operation

Monday to Friday: **6 am–8 pm**
 Saturdays: **7 am–3 pm**
 Sundays & Statutory Holidays: **Closed**

10211 102 Avenue
 Edmonton, AB T5J 0A5
 (780) 452-**YMCA** (9622)

Participants must register for classes

Gymnasium (G), Studio 1 (S1), Studio 2 (S2), Main Pool (MP), Functional Training Room (FTR)

GROUP FITNESS

MONDAY		TUESDAY		WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
EARLY MORNING								
		Strength – LIFT 6:15–7 am (S2)			Cycle 6:15–7 am (G)	Strength 6:15–7 am (S2)		
Aqua Shallow/Deep 9:45–10:30 am (MP)		Cardio & Strength - Gentle 9:45–10:45 am (S2)		Aqua Shallow/Deep 9:45–10:30 am (MP)		Yoga - Gentle 9:45–10:45 am (S2)		
LATE MORNING & AFTERNOON								
		Strength – LIFT 11–11:45 am (S2)	Cycle 11–11:45 am (G)	Cardio & Strength 11–11:45 am (G)	Cycle 11–11:45 am (G)	Bootcamp 11–11:45 am (G)	Yoga 11–11:45 am (S2)	
Cycle 12:05–12:50 pm (G)	Yoga 12:05–12:50 pm (S2)	Cardio & Strength 12:05–12:50 pm (G)		Cardio Kickboxing 12:05–12:50 pm (S2)	Strength - TRX 12:05–12:50 pm (FTR)	Cycle 12:05–12:50 pm (G)	Strength 12:05–12:50 pm (S2)	
		Barre 4:30 – 5:15 pm (S2)						
EVENING								
Bootcamp 5:30–6:30 pm (G)			Yoga 5:30–6:30 pm (S2)	Strength 5:30–6:30 pm (G)	Cardio Dance - Zumba 5:30–6:30 pm (S2)			

Did you know our locker rooms will be open and available too? We have specific guidelines for capacity and traffic flow in our locker rooms to make it a safe space for everyone. We appreciate your cooperation!