



The Government of Alberta's Restrictions Exemption Program
 is in effect at all YMCA Health and Wellness Centres.
northernalberta.ymca.ca/REP

northernalberta.ymca.ca/online

Don Wheaton Family YMCA

Group Fitness Schedule | November 1–December 18

Hours of Operation

Monday to Friday: **6am–8pm**

Saturdays: **7am–3pm**

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)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
EARLY MORNING											
		Strength – LIFT 6:15–7am (S2)				Cycle 6:15–7am (G)		Strength 6:15–7am (S2)			
Aqua Shallow/Deep 9:45–10:30am (MP)		Cardio & Strength - Gentle 9:45–10:30am (S2)		Aqua Shallow/Deep 9:45–10:30am (MP)				Yoga - Gentle 9:45–10:45am (S2)			
LATE MORNING & AFTERNOON											
		Cycle 11–11:45am (G)		Core 11–11:45am (G)		Cycle 11–11:45am (S1)		Strength 11–11:45am (S2)			
Cycle 12:05–12:50 pm (S1)	Yoga 12:05–12:50 pm (S2)	Strength – LIFT 12:05–12:50pm (S2)		Cardio Kickboxing 12:05–12:50pm (S2)		Strength - TRX 12:05–12:50pm (FTR)		Cycle 12:05–12:50 pm (S1)	Yoga 12:05–12:50 pm (S2)		
		Barre 4:30 – 5:15pm (S2)									
EVENING											
Bootcamp 5:30–6:30pm (G)		Yoga 5:30–6:30pm (S2)		Strength – LIFT 5:30–6:30pm (S2)		Cardio Dance - Zumba 5:30–6:30pm (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.