



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

William Lutsky Family YMCA

Group Fitness Schedule | November 1–December 18

Hours of Operation

Monday to Friday: **6am–9pm**

Saturday & Sunday: **8am–4pm**

Statutory Holidays: **Closed**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
	Cycle 6:15-7am (S2)					
Cycle 9-9:55am (S2)	Core 8:15-8:45am (G)	Cardio & Strength 9-9:55am (G)	Core 8:15-8:45am (G)	Cycle 9-9:55am (S2)	Cardio Dance – Zumba 9-9:55am (G)	
Strength 9:00-9:55am (G)	Step 9-9:55am (G)	Cycle 9-9:55am (S2)	Cardio Kickbox 9-9:55am (G)	Strength 9-9:55am (G)		
Aquafit Deep 9:10-9:55am (MP)		Aquafit Deep 9:10-9:55am (MP)		Aquafit Deep 9:10-9:55am (MP)		
Aquafit Shallow 9:10-9:55am (MP)		Aquafit Shallow 9:10-9:55am (MP)		Aquafit Shallow 9:10-9:55am (MP)		
LATE MORNING & AFTERNOON						
Yoga 10:05-11:00am (MPR)		Barre 10:05-10:50am (MPR)	Yoga 10:05-11:00am (MPR)	Cardio Dance – Zumba 10:05am-11:00am (G)	Yoga 10:05-11am (MPR)	
	Aqua Deep 12:10-12:55pm (MP)	Cardio Dance – Zumba 10:05am-11:00am (G)	Aqua Deep 12:10-12:55pm (MP)	Yoga 10:05am-11:00am (MPR)		
	Aqua Shallow 12:10-12:55pm (MP)		Aqua Shallow 12:10-12:55pm (MP)	Yoga – Gentle Fit 11:10am-12:05pm (MPR)		
EVENING						
Core 6:15-6:45pm (G)	Yoga 6-7pm (MPR)	Barre 6-6:45pm (MPR)	Strength 7-8pm (G)			
Cardio Dance – Zumba 7-8pm (G)	Strength 7-8pm (G)	Yoga 7-8pm (MPR)				
	Tai Chi 7:10-8:10pm (MPR)					

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.

Participants must register for classes.

Studio 2 (S2), Main Pool (MP), Gymnasium (G), Multi-Purpose Room (MPR)