



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/groupfitness

Don Wheaton Family YMCA

Group Fitness Schedule | January 3–February 27

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. Pre-register up to 3 days in advance.
 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 (S1)	Strength 6:15–7am (S2)	
Aquafit Deep/Shallow 9:45–10:30am (MP)	Cardio & Strength – Gentle 9:45–10:30am (S2)	Aquafit Deep/Shallow 9:45–10:30am (MP)		Yoga – Gentle 9:45–10:45am (S2)	
LATE MORNING & AFTERNOON					
Core 11–11:30am (S2)	Cycle 11–11:45am (S1)	Core 11–11:30am (S2)	Cycle 11–11:45am (S1)	Strength 11–11:45am (G)	
Cycle 12:05–12:50 pm (G)	Strength – LIFT 12:05–12:50pm (G)	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)	Bridge to Wellness 1:15–2:15pm (S1)			Yoga 12:05–12:50 pm (S2)	
EVENING					
	Barre 4:30 – 5:15pm (S2)				
Bootcamp 5:30–6:15pm (G)	Yoga 5:30–6:30pm (S2)	Strength – LIFT 5:30–6:30pm (S2)	Cardio Dance – Zumba 5:30–6:30pm (S2)		