



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

William Lutsky Family YMCA

Group Fitness Schedule | January 3–February 27

Hours of Operation

Monday to Friday: **5:30am–10pm**

Saturday & Sunday: **7am–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)					
	Core 8:15-8:45am (MPR)		Core 8:15-8:45am (MPR)			
Aquafit Deep/Shallow 9:10-9:55am (MP)	Cardio & Strength 9:15-10:10am (G)	Aquafit Deep/Shallow 9:10-9:55am (MP)	Cardio Kickbox 9:15-10:10am (G)	Aquafit Deep/Shallow 9:10-9:55am (MP)	Cardio Dance – Zumba 9:15-10:10am (G)	
Strength 9:15-10:10am (G)	Yoga – Gentle Fit 9:15-10:10am (MPR)	Strength 9:15-10:10am (G)		Cardio & Strength 9:15-10:10am (G)		
Cycle 9:15-10:10am (S2)		Cycle 9:15-10:10am (S2)		Cycle 9:15-10:10am (S2)		
LATE MORNING & AFTERNOON						
Yoga 10:20-11:15am (MPR)	Yoga 10:20-11:10am (MPR)	Barre 10:20am-11:05am (MPR)	Yoga 10:20am-11:15am (MPR)	Cardio Dance – Zumba 10:20am-11:15am (G)	Yoga 10:20am-11:15am (MPR)	
	Baby & Me – Fitness 10:20-11:20am (G)	Cardio Dance – Zumba 10:20am-11:15am (G)		Yoga 10:20am-11:15am (MPR)	Bootcamp 10:20am-11:15am (G)	
Alberta Cancer Exercise (ACE) 11:30am-12:30pm (G)	Bridge to Wellness 11:30am-12:30pm (MPR)	Core 11:25am-11:55am (MPR)		Yoga – Gentle Fit 11:25am-12:20pm (MPR)		
Aquafit Deep/Shallow 12:10-12:55pm (MP)	Aqua Deep/Shallow 12:10-12:55pm (MP)	Alberta Cancer Exercise (ACE) 11:30am-12:30pm (G)	Aqua Deep/Shallow 12:10-12:55pm (MP)			
Alberta Cancer Exercise (ACE) 12:40-1:40pm (G)		Alberta Cancer Exercise (ACE) 12:40-1:40pm (G)				

Participants must register for classes.

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

Pre-register up to 3 days in advance.

Continued on next page.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EVENING						
Strength 5:55-6:50pm (G)	Yoga 5:55-6:50pm (MPR)	Barre 5:55-6:40pm (MPR)				
		HIIT 5:55-6:20pm (G)				
Cardio Dance – Zumba 7-8pm (G)	Bootcamp 7-8pm (G)	Core 6:30-6:55pm (G)	Strength 7-8pm (G)			
	Tai Chi 7-8pm (MPR)	Yoga 7-8pm (MPR)				

Participants must register for classes.

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

Pre-register up to 3 days in advance.



Improve your health with our specialty fitness classes!

Bridge to Wellness & Alberta Cancer Exercise

Learn more at northernalberta.ymca.ca/groupfitness



NEW PROGRAM

Hip Hop Dance



Presented by  **3RD STREET BEAT**

Learn more and register at northernalberta.ymca.ca/register



Baby & Me classes



Designed specifically for parents and babies.

Learn more at northernalberta.ymca.ca/groupfitness

