



Don Wheaton Family YMCA

Group Fitness Schedule | June 27– July 3

Hours of Operation

Monday to Friday: **5:30am–9pm**

Saturdays: **7am–4pm**

Sundays & Statutory Holidays: **Closed**

10211 102 Avenue

Edmonton, AB T5J 0A5

(780) 452–**YMCA** (9622)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
	Strength – LIFT 6:15–7am (S2)		Cycle 6:15–7am (CR)			
Aquafit Deep/Shallow 9:45–10:30am (MP)	Cardio & Strength – Gentle Fit 9:45–10:45am (S2)	Aquafit Deep/Shallow 9:45–10:30am (MP)				
LATE MORNING & AFTERNOON						
Core 11–11:30am (S2)	Cycle 11–11:45am (CR)	Core 11–11:30am (S2)	Cycle 11–11:45am (CR)			
Cycle 12:05–12:50 pm (CR)	Strength – LIFT 12:05–12:50pm (G)	Cardio Kickbox 12:05–12:50pm (S2)	Strength – TRX 12:05–12:50pm (S1)			
Yoga 12:05–12:50 pm (S2)	Bridge to Wellness 1:15–2:15pm (S1)					
EVENING						
Cardio Dance – Zumba 5:30–6:30pm (S2)	Barre 4:30 – 5:15pm (S2)					
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)			

Participants must register for classes. Pre-register up to 3 days in advance.

Gymnasium (G), Studio 1 (S1), Studio 2 (S2), Main Pool (MP), Community Room (CR)