



# William Lutsky Family YMCA

## Group Fitness Schedule | June 27– July 3

### Hours of Operation

Monday to Friday: **5:30am–10pm**

Saturdays & Sundays: **7am–7pm**

Statutory Holidays: **Closed**

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

| MONDAY  | TUESDAY   | WEDNESDAY                                       | THURSDAY                            | FRIDAY | SATURDAY                                  | SUNDAY |
|---|---|---|-------------------------------------|--------|---|--------|
| EARLY MORNING                                     |   |   |                                     |        |   |        |
| <b>Aquafit Deep/Shallow</b><br>9:10-9:55am (MP)   | <b>Cardio &amp; Strength</b><br>9-9:55am (G)      | <b>Aquafit Deep/Shallow</b><br>9:10-9:55am (MP) | <b>Cardio Kickbox</b><br>9-9:55 (G) |        | <b>Cardio Dance – Zumba</b><br>9-9:55 (G) |        |
| <b>Strength</b><br>9-9:55am (G)                   | <b>Yoga – Gentle Fit</b><br>9-9:55am (MPR)        | <b>Strength</b><br>9-9:55am (G)                 |                                     |        |   |        |
| <b>Cycle</b><br>9-9:55am (S2)                     |   | <b>Cycle</b><br>9-9:55am (S2)                   |                                     |        |   |        |
| LATE MORNING & AFTERNOON                          |   |   |                                     |        |   |        |
| <b>Yoga</b><br>10:05-11am (MPR)                   | <b>Yoga</b><br>10:05-11am (MPR)                   | <b>Barre</b><br>10:05-10:50am (MPR)             | <b>Yoga</b><br>10:05-11am (MPR)     |        | <b>Yoga</b><br>11:10am-12:05pm (MPR)      |        |
|   |   | <b>Cardio Dance – Zumba</b><br>10:05-11am (G)   |                                     |        |   |        |
| <b>Aquafit Deep/Shallow</b><br>12:10-12:55pm (MP) | <b>Aquafit Deep/Shallow</b><br>12:10-12:55pm (MP) |   |                                     |        |   |        |
| EVENING   |   |   |                                     |        |   |        |
| <b>Strength</b><br>6-6:50pm (G)                   | <b>Yoga</b><br>6-6:55pm (MPR)                     | <b>Barre</b><br>5:55-6:40pm (MPR)               |                                     |        |   |        |
| <b>Cardio Dance – Zumba</b><br>7-8pm (G)          | <b>Bootcamp</b><br>6-7pm (G)                      | <b>Yoga</b><br>7-8pm (MPR)                      | <b>Strength</b><br>7-8pm (G)        |        |   |        |
|   |   | <b>Aquafit Shallow</b><br>8:10-8:55pm (MP)      | <b>Tai Chi</b><br>7-8pm (MPR)       |        |   |        |

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

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

**YMCA SUMMER CAMPS**

Ages 3–15  
Registration is open!  
Camps begin July 4.

[northernalberta.ymca.ca/camps](http://northernalberta.ymca.ca/camps)

**ADVENTURE**  
at the Y.

**YMCA Summer Swim Lessons**

Continue their swim lessons throughout the summer.  
Registration is required.

[northernalberta.ymca.ca/register](http://northernalberta.ymca.ca/register)

**SWIM**  
at the Y.