



Free Admission Day!

Sunday, September 27 2015 • 7am - 9pm

Castle Downs Family YMCA

11510-153 Avenue 780 476-9622

Free Public Swim..... 3 - 8:45pm

Indoor Playground..... ALL DAY

Work Out Centre..... ALL DAY

Group Fitness Classes

Cyclefit..... 8:45 - 9:45am

Yoga..... 10 - 11:30am

Aikido..... 10 - 11:30am

Don Wheaton Family YMCA

10211-102 Avenue 780 452-9622

Free Public Swim..... 3 - 7pm

Work Out Centre..... ALL DAY

Group Fitness Classes

Yoga..... 11am - 12:30pm



Jamie Platz Family YMCA

7121-178 Street 780 481-9622

Free Public Swim..... 3:15 - 8:45pm

Indoor Playground..... ALL DAY

Work Out Centre..... ALL DAY

Group Fitness Classes

Aikido..... 9 - 10:30am

Yoga..... 9:30 - 10:30am

Cyclefit..... 11am - 12pm

Yoga Chi..... 12:45 - 1:45pm

William Lutsky Family YMCA

1975-111 Street 780 439-9622

Free Public Swim..... 5 - 8:45pm

Indoor Playground..... ALL DAY

Work Out Centre..... ALL DAY

Group Fitness Classes

Yoga..... 8:30 - 9:30am

Yoga..... 11am - 12pm

Strength Barre..... 10 - 10:45am

Building healthy communities

northernalberta.ymca.ca