



Free Admission Day!

Sunday, September 24, 2017 • 7am - 9pm

Castle Downs Family YMCA

11510-153 Avenue 780 476-9622

Free Public Swim..... 12:45 - 8:45pm

Work Out Centre..... ALL DAY

Group Fitness Classes* _____

Cyclefit..... 8:30 - 9:15am

Group Power..... 9:30 - 10:30am

Yoga..... 9:30 - 11am



Don Wheaton Family YMCA

10211-102 Avenue 780 452-9622

Free Public Swim..... 9am - 6:45pm (*Teach Pool*)

Free Public Swim..... 1 - 6:45pm (*Main Pool*)

Work Out Centre..... ALL DAY

Indoor Playground..... ALL DAY

Open Gym..... 1:15 - 3:45pm

Group Fitness Classes* _____

Group Power..... 8 - 9 am

Group Fight..... 9:30 - 10:30am

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

Volleyball..... 4 - 6:45pm

Jamie Platz Family YMCA

7121-178 Street 780 481-9622

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

Family Zone..... 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

Family and Toddler Zone..... ALL DAY

Work Out Centre..... ALL DAY

Group Fitness Classes* _____

Yoga..... 8 - 9am



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

Yoga..... 11am - 12pm

**All group classes have limited space - so be sure to get in early.*