

FITNESS CLASSES

TUESDAY

TOTAL BODY 10AM
6PM

WEDNESDAY

STABILITY BALL CIRCUIT 9AM
TOTAL BODY 6PM
BOOTCAMP 8PM

THURSDAY

CIRCUIT TRAINING 9:30AM
LATIN DANCE 6PM

NEW TO OUR CLASSES?

TRY THE Y WITH A

2WK GUEST PASS ON US

MAKE A NEW HABIT AND NEW FRIENDS!

WANT TO GET SLIMMER THIS SUMMER?

Don't let those bbq's and frosty beverages be the end of all your hard work this year! We're running your favourite classes throughout July & August to help you have your fun and stay fit too!



YMCA of Wood Buffalo

HOUR OF OPERATION

MON-FRI 4:30AM-10PM

SAT-SUN 7AM-9PM

HOLIDAYS 9AM-7PM

KIDDIE KARE

MONDAY-FRIDAY 8:30AM-1PM

**CLASSES AND KIDDIE KARE:
FREE TO MEMBERS.**

NON-MEMBER RATES ARE \$15/DAY
PASS AND \$10/HR PER CHILD FOR
KIDDIE KARE.



YMCA

We build strong kids,
strong families, strong communities.