



SHAWNESSY YMCA

Phone 403-256-5533 Address Suite 400, 333 Shawville Blvd SE

GYM SCHEDULE

Effective: Jan 18 - March 28, 2010

FACILITY HOURS (Workout areas and pools close 30 minutes prior to facility closing)
Monday to Friday 5:30am-10:30pm
Saturday and Sunday 7:00am-8:30pm
Statutory Holidays 7:00am-8:30pm

YMCA CALGARY

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY							
	GYM 1	MP 1	Studio	Pre-school Room	GYM 1	MP 1	Studio	Pre-school Room	GYM 1	MP 1	Studio	Pre-school Room	GYM 1	MP 1	Studio	Pre-school Room	GYM 1	MP 1	Studio	Pre-school Room	GYM 1	MP 1	Studio	Pre-school Room	GYM 1	MP 1	Studio	Pre-school Room				
5:30																																
6:00	Adult Only Basketball 5:30-7:00		Group Cycling 6:00-6:45		*Bootcamp 6:00-7:00		Early Riser's Yoga 6:00-7:15 Starts Feb 16 for 6 weeks		**Badminton 5:45-9:00 (Sign up at Member Services)	Open Gym 5:30-8:45		Triathlon Training 6:00-7:00		Adult Only Basketball 5:30-7:00		Performance Cycling 6:00-7:00		*Bootcamp 6:00-7:00		Triathlon Training 6:00-7:00												
7:00																																
8:00	Open Gym 7:00-9:00				Open Gym 7:00-9:00									Open Gym 7:00-9:00		**Badminton 7:00-9:00 (Sign up at Member Services)	Open Gym 7:00-9:00								Open Gym 7:00-10:00							
9:00																																
10:00	*Step Fit 9:15-10:15		Babysitting 8:00-1:00		*Strength Variety 9:15-10:15	Preschool Gym & Swim 9:30-10:45	Childcare 9:00-11:00	Babysitting 8:00-1:00	*Hi-Lo Step Combo 9:15-10:15	Preschool Variety w/Swim 9:00-11:00	Open Gym 10:00-11:15	Preschool Variety 10:30-11:00	Preschool Gym & Craft 9:00-10:00	*Muscle Works 9:15-10:15		Babysitting 8:00-1:00	*Performance Cycling 9:15-10:15	Preschool Sports 9:15-10:00	Preschool R3 9:30-10:30	Babysitting 8:00-1:00	*Y-Bo 9:15-10:25	Preschool Variety 9:00-11:00	Open Gym 9:00-9:45	Preschool Sports 9:00-9:45	Yoga Level 2 9:00-10:30	*Fitness Variety 9:15-10:15	Preschool Cookie Monsters 10:00-11:00	Open Gym 8:30-10:00	*Cardio & Core 9:15-10:15			
11:00	Preschool Variety 10:30-11:30	Preschool Gym & Craft 10:30-11:30	Mom & Baby Pilates 10:15-11:15	Yoga/Belly Dance Groove 11:00-12:00 Starts Feb 22 for 6 weeks	Preschool Variety 10:30-11:00	Preschool Drop-In Gym 11:15-12:45		Post-Natal Fitness 10:30-11:30	Preschool Arts & Crafts 11:00-11:45	Open Gym 10:00-11:15	Preschool Variety 10:30-11:00	Preschool Drop-In Gym 11:15-12:45	Living Well Maintenance 11:45-12:45	Open Gym 10:30-11:00	Preschool Variety 10:30-11:00	Yoga Level 1 10:30-12:00	Teeny Time Travellers 10:30-11:30	Preschool Drop-In Gym 11:15-12:45	Yoga Level 2 11:30-1:00	*Y Stretch 11:40-12:20	Preschool Drop-In Gym 11:00-12:30	Pilates Level 2 10:30-11:30 Starts Feb 19 for 6 weeks	Living Well Maintenance 11:45-12:45	On the Ball 12:00-12:45	Family Karate 10:00-11:00	Yoga Level 1 10:45-11:45	NIA 10:30-11:30	Preschool Morning Fusion 10:00-11:00 Starts Feb 21 for 6 weeks	*Group Cycling 10:30-11:15			
12:00	Preschool Drop-In Gym 11:30-12:45	Living Well 11:45-12:45			Preschool Drop-In Gym 11:15-12:45					Open Gym 12:45-1:45	Tumble Time 1:00-2:00	Living Well 1:00-2:15	Preschool Variety 1:00-3:00	Open Gym 1:00-3:00	Open Gym 1:00-2:30			Preschool Drop-In Gym 11:15-12:45	Yoga Level 2 11:30-1:00		Preschool Drop-In Gym 11:00-12:30	Creative Kids 12:30-1:30		Childcare 12:30-2:30	Preschool Drop-In Gym 12:30-1:45	Open Gym 2:00-2:45	Family Floor Hockey 2:30-3:30	Youth Floor Hockey 2:30-3:30				
1:00	Living Well 1:00-2:15	Preschool Sports 1:00-2:00	Open Gym 2:00-2:30	Preschool Variety 2:30-3:00	Living Well 1:15-1:45	Open Gym 1:00-1:30	Intro to Power Yoga 12:45-2:15	Hard Core 1:00-2:00	Preschool Variety w/Swim 1:00-3:00	Preschool Variety 1:45-2:15	Living Well 1:00-2:15	Yoga Level 1 1:30-2:30	Living Well 1:00-2:15	Preschool Variety 1:00-3:00	Open Gym 1:00-3:00	Open Gym 1:00-2:30		Open Gym 1:00-3:00	Open Gym 1:00-2:30		Open Gym 12:45-3:00	Childcare 3:00-4:00		Childcare 3:00-4:00	Open Gym 2:00-2:45	Family Floor Hockey 2:30-3:30	Youth Floor Hockey 2:30-3:30					
2:00	Open Gym 2:15-4:00	Childcare 3:00-4:00	Living Well 2:30-3:45	Childcare 3:00-4:00	Open Gym 2:00-4:45	Open Gym 2:30-4:45				Open Gym 2:15-5:30	Childcare 3:00-4:00	Living Well 2:00-4:00	YMAP 4:30-6:30	Boxer's Workout 5:30-7:00	YMAP 4:00-6:00	Active Y Kids 4:45-5:45		Open Gym 3:00-3:45	Childcare 3:00-4:00		Open Gym 3:00-4:00	Childcare 3:00-4:00		Childcare 3:00-4:00	Open Gym 3:00-4:00	Open Soccer 3:30-4:30	Youth Floor Hockey 2:30-3:30					
3:00	Open Gym 2:15-4:00	Childcare 3:00-4:00	Living Well 2:30-3:45	Childcare 3:00-4:00	Open Gym 2:00-4:45	Open Gym 2:30-4:45				Open Gym 2:15-5:30	Childcare 3:00-4:00	Living Well 2:00-4:00	YMAP 4:30-6:30	Boxer's Workout 5:30-7:00	YMAP 4:00-6:00	Active Y Kids 4:45-5:45		Open Gym 3:00-3:45	Childcare 3:00-4:00		Open Gym 3:00-4:00	Childcare 3:00-4:00		Childcare 3:00-4:00	Open Gym 3:00-4:00	Open Soccer 3:30-4:30	Youth Floor Hockey 2:30-3:30					
4:00	Open Gym 4:00-4:45																															
5:00	Youth Basketball 5:00-6:00	Adventurers 5:00-6:00	Intro to Yoga 5:10-6:25	Active Y Kids 4:45-5:45	Little Einsteins 5:00-6:00	Youth Floor Hockey 5:00-6:00				CrossFit 5:30-6:30	Preschool Sports 5:05-6:05	YMAP 4:30-6:30	Boxer's Workout 5:30-7:00	YMAP 4:00-6:00	Active Y Kids 4:45-5:45			Youth Basketball 4:00-5:00	Youth Basketball 5:00-6:00		Youth Floor Hockey 5:00-6:00	Active Y Kids 4:45-5:45		Childcare 3:00-4:00	Youth Badminton 3:00-4:00	Youth Badminton 4:00-5:00	Youth Badminton 5:00-6:00	Open Soccer 3:30-4:30	Birth Day Parties 1:00-8:00			
6:00	Bootcamp 6:15-7:15	Fusion 6:30-7:30	*Cycle Circuit 6:00-7:00	*Group Cycling 6:00-6:45	*Y-Bo 7:00-8:00	Youth Indoor Soccer 6:05-7:05	Mother/Daughter Yoga 6:30-7:30 Starts Feb 16 for 6 weeks	Youth Yoga/Belly Dance 6:30-7:30 Starts Feb 16 for 6 weeks	*Group Cycling 6:00-6:45	*Step Fit 6:15-7:15	CrossFit 6:30-7:30	*Step Fit 6:15-7:15	YMAP 4:30-6:30	Boxer's Workout 5:30-7:00	Fusion 5:45-6:45	*Y-Bo Plus 6:00-7:00		Open Gym 6:05-7:30	Open Gym 6:05-7:30	Yoga Level 1 6:30-8:00	Prenatal Yoga 7:00-8:00	Social Dance Level 2 7:05-8:05		Childcare 3:00-4:00	Youth Badminton 3:00-4:00	Youth Badminton 4:00-5:00	Youth Badminton 5:00-6:00	Open Soccer 3:30-4:30	Birth Day Parties 1:00-8:00			
7:00	**Badminton 7:15-10:00 (Sign up at Member Services)	Open Basketball 7:15-10:00	Pilates Level 1 and 2 8:00-9:00	*Step Fit 7:15-8:10	**Badminton 7:15-10:00 (Sign up at Member Services)	Open Basketball 7:15-10:00	Pilates for Golf 7:45-8:45	Yoga Level 2 7:45-9:15	*Y-Bo 7:00-8:00	Fusion 8:30-9:30	Yoga Level 1 7:30-9:00	Tai Chi Level 2 8:15-9:15	Zumba 8:30-9:30	Parent Support Group 7:00-9:00	Capoeira for Kids 6:30-7:30	Yoga Level 1 6:30-8:00	Prenatal Yoga 7:00-8:00	Social Dance Level 2 7:05-8:05	Yoga Level 2 8:05-9:35	Pilates Bootcamp 8:15-9:15pm Starts Feb 18 for 6 weeks	Yoga Level 2 8:05-9:35	Social Dance Level 1 8:15-9:15		Childcare 3:00-4:00	Youth Badminton 3:00-4:00	Youth Badminton 4:00-5:00	Youth Badminton 5:00-6:00	Open Soccer 3:30-4:30	Birth Day Parties 1:00-8:00			
8:00	**Badminton 7:15-10:00 (Sign up at Member Services)	Open Basketball 7:15-10:00	Pilates Level 1 and 2 8:00-9:00	*Step Fit 7:15-8:10	**Badminton 7:15-10:00 (Sign up at Member Services)	Open Basketball 7:15-10:00	Pilates for Golf 7:45-8:45	Yoga Level 2 7:45-9:15	*Y-Bo 7:00-8:00	Fusion 8:30-9:30	Yoga Level 1 7:30-9:00	Tai Chi Level 2 8:15-9:15	Zumba 8:30-9:30	Parent Support Group 7:00-9:00	Capoeira for Kids 6:30-7:30	Yoga Level 1 6:30-8:00	Prenatal Yoga 7:00-8:00	Social Dance Level 2 7:05-8:05	Yoga Level 2 8:05-9:35	Pilates Bootcamp 8:15-9:15pm Starts Feb 18 for 6 weeks	Yoga Level 2 8:05-9:35	Social Dance Level 1 8:15-9:15		Childcare 3:00-4:00	Youth Badminton 3:00-4:00	Youth Badminton 4:00-5:00	Youth Badminton 5:00-6:00	Open Soccer 3:30-4:30	Birth Day Parties 1:00-8:00			
9:00	**Badminton 7:15-10:00 (Sign up at Member Services)	Open Basketball 7:15-10:00	Pilates Level 1 and 2 8:00-9:00	*Step Fit 7:15-8:10	**Badminton 7:15-10:00 (Sign up at Member Services)	Open Basketball 7:15-10:00	Pilates for Golf 7:45-8:45	Yoga Level 2 7:45-9:15	*Y-Bo 7:00-8:00	Fusion 8:30-9:30	Yoga Level 1 7:30-9:00	Tai Chi Level 2 8:15-9:15	Zumba 8:30-9:30	Parent Support Group 7:00-9:00	Capoeira for Kids 6:30-7:30	Yoga Level 1 6:30-8:00	Prenatal Yoga 7:00-8:00	Social Dance Level 2 7:05-8:05	Yoga Level 2 8:05-9:35	Pilates Bootcamp 8:15-9:15pm Starts Feb 18 for 6 weeks	Yoga Level 2 8:05-9:35	Social Dance Level 1 8:15-9:15		Childcare 3:00-4:00	Youth Badminton 3:00-4:00	Youth Badminton 4:00-5:00	Youth Badminton 5:00-6:00	Open Soccer 3:30-4:30	Birth Day Parties 1:00-8:00			
10:00																																

YMCA CALGARY ID POLICY

For the health and safety of all participants, and the security of their property and the property of the YMCA, all participants eight years of age and older must provide appropriate identification to gain access to the facility.

YOGA FLEX PASS

Can't commit to a full session of yoga class? Want to try out different instructors and various times? YMCA members can purchase a Yoga Flex Pass (single pass: \$17; five-time pass: \$80.) Applicable classes are identified above by a ✓ See Member Services for more information or to purchase.

REMINDERS

Children under eight years of age must be directly supervised by an adult at all times while in the facility. Open Gym and multi-purpose room times are subject to change. Fitness classes will run with a minimum of three participants. Minimum age is 12 years. * Restricted access class - pick up a participant card 30 minutes prior to class to reserve a spot. One card per participant. **Open Badminton - sign up a Member Services. 45 minutes play time maximum per person per day.

