



# Jamie Platz Family YMCA

## Group Fitness Schedule | September 12–October 30

### Hours of Operation

Monday to Friday: **5:30am–10pm**

Saturdays & Sundays: **7am–7pm**

Statutory Holidays: **Closed**

7121 178 Street

Edmonton, AB T5T 5T9

(780) 481–YMCA (9622)

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   | SUNDAY   |
|--|---|--|---|---|--|--|
| <b>EARLY MORNING</b>   |   |  |   |   |  |  |
| <b>Aquafit Deep</b><br>5:45–6:30am (TP)                        |   | <b>Aquafit Deep</b><br>5:45–6:30am (TP)                        |   |   |  |  |
| <b>Aquafit Deep</b><br>7–7:45am (TP)                           |   | <b>Cycle</b><br>6:15–7am (S)                                   |   | <b>Aquafit Deep</b><br>7–7:45am (TP)                    |  |  |
| <b>Aquafit Deep</b><br>8–8:45am (TP)                           | <b>Aquafit Shallow</b><br>8–8:45am (TP)                         | <b>Aquafit Deep</b><br>7–7:45am (TP)                           | <b>Aquafit Shallow</b><br>8–8:45am (TP)                         | <b>Aquafit Deep</b><br>8–8:45am (TP)                    | <b>Aquafit Deep</b><br>8–8:45am (TP)                     | <b>Aquafit Deep</b><br>8–8:45am (TP)             |
| <b>Strength – MuscleFit</b><br>8–8:45am (S)                    | <b>Strength – TRX</b><br>8–8:45am (S)                           | <b>Aquafit Deep</b><br>8–8:45am (TP)                           | <b>Strength – MuscleFit</b><br>8–8:45am (S)                     | <b>Aquafit Shallow</b><br>9–9:45am (TP)                 | <b>Strength – MuscleFit</b><br>8:15–9am (G)              |  |
| <b>Aquafit Deep</b><br>9–9:45am (TP)                           | <b>Aquafit Shallow</b><br>9–9:45am (TP)                         | <b>Aquafit Deep</b><br>9–9:45am (TP)                           |   | <b>Step</b><br>9–10am (G)                               | <b>Barre</b><br>9–10am (S)                               | <b>Yoga</b><br>9–10am (S)                        |
| <b>Cardio Dance – Zumba</b><br>9–10am (S)                      | <b>Strength</b><br>9–10am (G)                                   | <b>Strength</b><br>9–10am (G)                                  | <b>Bootcamp Interval</b><br>9–10am (G)                          | <b>Cycle</b><br>9–9:30am (S)                            | <b>Step</b><br>9:30–10:45am (G)                          |  |
| <b>Bootcamp</b><br>9–10am (G)                                  |   |  | <b>Aquafit Shallow</b><br>9–9:45am (TP)                         | <b>Bootcamp</b><br>9:30–10am (S)                        |  |  |
|  |   |  | <b>Baby &amp; Me - Fitness</b><br>10–11am (S)                   | <b>Baby &amp; Me - Aquafit</b><br>10–10:45am (TP)       |  |  |
| <b>LATE MORNING &amp; AFTERNOON</b>                            |   |  |   |   |  |  |
| <b>Cardio &amp; Strength – Gentle Fit</b><br>10:15–11:15am (G) | <b>Cardio Dance – Zumba</b><br>10:15–11am (S)                   | <b>Cardio &amp; Strength – Gentle Fit</b><br>10:15–11:15am (G) | <b>Aquafit Shallow</b><br>10–10:45am (TP)                       |   | <b>Yoga</b><br>10:15–11:15am (S)                         | <b>Cardio Dance – High Low</b><br>10:15–11am (S) |
|  | <b>Cardio &amp; Strength – Synrgy 360</b><br>10:15–10:45am (FC) | <b>Barre</b><br>10–10:45am (S)                                 | <b>Cardio &amp; Strength – Synrgy 360</b><br>10:15–10:45am (FC) | <b>Yoga</b><br>10:15–11:15am (S)                        |  |  |
| <b>Yoga</b><br>10:15–11:00am (S)                               | <b>Strength – Gentle Fit</b><br>11:15am–12pm (S)                | <b>Tai Chi</b><br>11am–12pm (S)                                |   |   |  |  |
| <b>Alberta Cancer Exercise (ACE)</b><br>11:30am–12:30pm        |   |  |   | <b>Alberta Cancer Exercise (ACE)</b><br>11:30am–12:30pm | <b>Cardio Dance – Zumba</b><br>11:30am–12:30pm (S)       | <b>Cycle</b><br>11:15am–12:15pm (S)              |
|  | <b>Cardio Dance – Zumba</b><br>12:15–1:15pm (S)                 |  | <b>Cardio Dance – Zumba</b><br>12–1pm (S)                       |   | <b>Cardio Dance – Learn to Dance</b><br>12:45–1:45pm (S) |  |
|  | <b>Yoga</b><br>1:30–2:30pm (S)                                  | <b>Bridge to Wellness</b><br>1–2pm (S)                         | <b>Bridge to Wellness - Aqua</b><br>12–1pm (TP)                 |   |  |  |
| <b>EVENING</b>   |   |  |   |   |  |  |
| <b>Cardio Dance – Zumba</b><br>6–7pm (S)                       | <b>Strength – MuscleFit</b><br>6:30–7:15pm (G)                  |  | <b>Strength</b><br>6–7pm (S)                                    |   |  |  |
|  | <b>Cycle</b><br>6–6:45pm (S)                                    | <b>Cycle</b><br>6–7pm (S)                                      |   |   |  |  |
| <b>Aquafit Shallow</b><br>7–7:45pm (TP)                        | <b>Aquafit Shallow</b><br>7–7:45pm (TP)                         | <b>Aquafit Shallow</b><br>7–7:45pm (TP)                        | <b>Aquafit Shallow</b><br>7–7:45pm (TP)                         |   |  |  |
| <b>Barre</b><br>7:15–8pm (S)                                   | <b>Yoga – Gentle Fit</b><br>7–8pm (S)                           | <b>Cardio Dance – Zumba</b><br>7:15–8:15pm (S)                 | <b>Cardio Dance – Zumba</b><br>7:15–8:15pm (S)                  |   |  |  |
|  |   | <b>Cardio &amp; Strength – Synrgy 360</b><br>7:15–7:45pm (FC)  |   |   |  |  |
|  | <b>Bootcamp</b><br>8:15–9pm (S)                                 | <b>Yoga</b><br>8:30–9:15pm (S)                                 | <b>Aquafit Shallow</b><br>8–8:45pm (TP)                         |   |  |  |

Participants must register for classes.

Pre-register up to 3 days in advance

Studio (S), Teach Pool (TP), Gymnasium (G), Fitness Centre (FC)