



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