



Castle Downs Family YMCA

Group Fitness Schedule | January 9–March 5

Hours of Operation

Monday to Friday: **6am–10pm**

Saturdays & Sundays: **8am–7pm**

11510 153 Avenue
Edmonton, AB T5X 6A3
(780) 476–YMCA (9622)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
Strength – TRX 8-9am (S1 & 2)		Strength – TRX 8-9am (S1 & 2)		Cycle 8:30-9 am (S1 & 2)		
Bootcamp 9:15-10:15am (G)	Aquafit Deep 9-9:50am (MP)	Aquafit Shallow 9-9:50am (MP)	Bootcamp 9:15-10:15am (G)	Aquafit Shallow 9-9:50am (MP)		Cycle 8:30-9:30am (S1 & 2)
	Cycle 9:15-9:45am (S1 & 2)	Core 9:15-10:15am (S1 & 2)		Strength 9:15-10:15am (G)		Strength 9:30-10:30am (G)
	Bootcamp 9:45-10:15am (S1 & 2)			Barre (Women Only) 9:15-10:15am (S3)	Cardio & Strength Synrgy360 10-10:45am (FC)	
LATE MORNING & AFTERNOON						
Aquafit Deep/Shallow 10-10:50am (MP)		Cycle 10:30-11:30am (S1 & 2)	Aquafit Deep 10-10:50am (MP)		Yoga 11am-12:15pm (S3)	
Cardio & Strength 10:30-11:30am (G)	Stretch & Mobility 10:30-11:15am (S1 & 2)	Yoga 10:30-11:30am (S3)	Cardio Dance 10:30-11:30am (S1 & 2)	Yoga 10:30-11:30am (S3)		
Yoga 11:45am-12:45pm (S3)	Aquafit – Warm Water 11-11:45am (TP)		Baby & Me – Aquafit 11-11:45am (MP)			
	Cardio & Strength – Gentle Fit 12-1pm (G)		Cardio & Strength – Gentle Fit 12-1pm (G)			Cardio Dance – Zumba (Women Only) 12-1pm (S3)
	Bridge to Wellness 1:15-2:15pm (S1 & 2)		Bridge to Wellness 1:15-2:15pm (S1 & 2)			
EVENING						
Strength 6-7pm (S1 & 2)	Cycle 6:15-7:15pm (S1 & 2)	Cardio Dance – Zumba 6-7pm (G)	Cardio & Strength – Synrgy360 6-7pm (FC)			
Cardio Dance – Zumba 7:15-8:15pm (G)		Strength 7:15-8:15pm (S1 & 2)				
	Aquafit – Aqua Zumba 8-8:45pm (MP)	Yoga 7:30-8:30pm (S3)	Aquafit Shallow 8-8:45pm (MP)			

Group fitness classes are included in YMCA Enhanced membership only. Participants must register for classes. Pre-register up to 3 days in advance.
Studio 1 (S1), Studio 2 (S2), Studio 3 (S3), Main Pool (MP), Teach Pool (TP), Fitness Centre (FC), Gymnasium (G)