



Jamie Platz Family YMCA

Group Fitness Schedule | January 9–March 5

Hours of Operation

Monday to Friday: 5:30am–10pm

Saturdays & Sundays: 7am–7pm

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)	Strength – TRX 7:45–8:45am (G)	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 – LIFT 8–8:45am (S)	Core 8:15–8:45am (S)	Aquafit Deep 8–8:45am (TP)		Aquafit Shallow 9–9:45am (TP)	Strength – LIFT 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 – Advanced 9:30–10:45am (G)	
Bootcamp 9–10am (G)			Aquafit Shallow 9–9:45am (TP)	Bootcamp 9:30–10am (S)		
		Barre 10–10:45am (S)	Baby & Me – Fitness 10–10:45am (S)			
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)	Cardio & Strength – Synrgy 360 10:15–10:45am (FC)	Yoga 10:15–11:15am (S)	Yoga – Gentle Fit 10:15–11:15am (S)	Cardio Dance – High Low 10:15–11am (S)
Yoga 10:15–11am (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 – LIFT 6:30–7:15pm (G)	Cycle 6–7pm (S)	Strength 6–7pm (S)			
	Cycle 6–6:45pm (S)		Core 7–7:30pm (FC)			
Aquafit Deep 7–7:45pm (TP)	Core 7–7:30pm (FC)	Aquafit Shallow 7–7:45pm (TP)	Aquafit Shallow 7–7:45pm (TP)			
Barre 7:15–8pm (S)	Aquafit Shallow 7–7:45pm (TP)	Cardio & Strength – Synrgy 360 7:15–7:45pm (FC)	Cardio Dance – Zumba 7:15–8:15pm (S)	Group fitness classes are included in YMCA Enhanced membership only. Participants must register for classes. Pre-register up to 3 days in advance. Studio (S), Teach Pool (TP), Gymnasium (G), Fitness Centre (FC)		
	Yoga – Gentle Fit 7–7:45pm (S)	Cardio Dance – Zumba 7:15–8:15pm (S)	Aquafit – Aqua Zumba 8–8:45pm (TP)			
	Bootcamp 8–8:45pm (S)	Yoga 8:30–9:15pm (S)				