



# Castle Downs Family YMCA

## Group Fitness Schedule | September 11 – November 5

### Hours of Operation

Monday to Friday: **6am–10pm**

Saturdays & Sundays: **8am–7pm**

Statutory Holidays: **Closed**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>EARLY MORNING</b>						
<b>Strength – TRX</b> 8-9am (S1 & 2)	<b>Aquafit – Deep</b> 9-9:50am (MP)	<b>Strength – TRX</b> 8-9am (S1 & 2)	<b>Bootcamp</b> 9:15-10:15am (G)	<b>Cycle</b> 8:30-9am (S1 & 2)		<b>Cycle</b> 8:30-9:30am (S1 & 2)
<b>Strength</b> 9:15-10:15am (G)	<b>Cycle</b> 9:15-9:45am (S1 & 2)	<b>Aquafit – Shallow</b> 9-9:50am (MP)	<b>Aquafit – Deep</b> 10-10:50am (MP)	<b>Aquafit – Shallow</b> 9-9:50am (MP)		
<b>Aquafit – Shallow/Deep</b> 10-10:50am (MP)	<b>Bootcamp</b> 9:45-10:15am (S1 & 2)	<b>Core</b> 9:15-10:15am (S1 & 2)	<b>Stretch &amp; Mobility</b> 10:30-11:15am (S1 & 2)	<b>Strength</b> 9:15-10:15am (G)	<b>Cardio &amp; Strength – Gentle Fit</b> 9:30-10:30am (S1 & 2)	<b>Strength</b> 9:30-10:30am (G)
<b>LATE MORNING &amp; AFTERNOON</b>						
<b>Cardio &amp; Strength</b> 10:30-11:30am (G)	<b>Stretch &amp; Mobility</b> 10:30-11:15am (S1 & 2)	<b>Cycle</b> 10:30-11:15am (S1 & 2)	<b>Tai Chi</b> 10:30-11:30am (S3)	<b>Yoga – Flow</b> 10:30-11:45am (S3)	<b>Cardio &amp; Strength – Synrgy360</b> 10-10:45am (FC)	<b>Cardio Dance – Zumba</b> 10:30-11:30am (S3)
<b>Yoga – Flow</b> 10:30-11:30am (S3)	<b>Tai Chi</b> 10:30-11:30am (S3)	<b>Yoga – Flow</b> 10:30-11:30am (S3)	<b>Aikido</b> 11:30am-1pm (S3)		<b>Yoga – Flow</b> 11am-12:15pm (S3)	
<b>Yoga – Restorative</b> 11:45am-12:45pm (S3)	<b>Cardio &amp; Strength – Gentle Fit</b> 12-1pm (G)	<b>Yoga – Chair</b> 11:45am-12:45pm (S3)	<b>Cardio &amp; Strength – Gentle Fit</b> 12-1pm (G)	<b>Cardio Dance</b> 12-1pm (S1 & 2)		<b>Aquafit – Aqua Zumba</b> 1-1:45pm (MP)
	<b>Bridge to Wellness Level I</b> 1:15-2:15pm (S1 & 2)		<b>Bridge to Wellness Level I</b> 1:15-2:15pm (S1 & 2)			
	<b>Bridge to Wellness Level II</b> 2:30-3:30pm (S1 & 2)		<b>Bridge to Wellness Level II</b> 2:30-3:30pm (S1 & 2)			
<b>EVENING</b>						
<b>Strength</b> 6-7pm (G)	<b>Aikido</b> 6-7:30pm (S3)	<b>Cardio Dance – Zumba</b> 6-7pm (G)	<b>Cardio &amp; Strength – Synrgy360</b> 6-7pm (FC)			
<b>Cardio Dance – Zumba</b> 7:15-8:15pm (G)	<b>Cycle</b> 6:15-7:15pm (S1 & 2)	<b>Strength</b> 7:15-8:15pm (G)	<b>Cardio Dance – Zumba</b> 7:15-8:15pm (S3)	<b>Cardio Dance – Zumba (Women Only)</b> 7:30-8:30pm (S3)		
		<b>Yoga – Flow</b> 7:30-8:30pm (S3)				

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), Fitness Centre (FC), Gymnasium (G)