



# Jamie Platz Family YMCA

## Group Fitness Schedule | September 11 – November 5

### 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> 5:45–6:30am (TP)		<b>Aquafit – Deep</b> 5:45–6:30am (TP)		<b>Aquafit – Deep</b> 5:45–6:30am (TP)		
<b>Aquafit – Deep</b> 7–7:45am (TP)	<b>Strength – TRX</b> 7:45–8:45am (S)	<b>Cycle</b> 6:15–7am (S)		<b>Aquafit – Deep</b> 7–7:45am (TP)		
<b>Aquafit – Deep</b> 8–8:45am (TP)	<b>Aquafit – Shallow</b> 8–8:45am (TP)	<b>Aquafit – Deep</b> 7–7:45am (TP)	<b>Aquafit – Shallow</b> 8–8:45am (TP)	<b>Aquafit – Deep</b> 8–8:45am (TP)	<b>Aquafit – Deep</b> 8–8:45am (TP)	<b>Aquafit – Deep</b> 8–8:45am (TP)
<b>Strength – LIFT</b> 8–8:45am (S)	<b>Core</b> 8:15–8:45am (G)	<b>Aquafit – Deep</b> 8–8:45am (TP)	<b>Aquafit – Shallow</b> 9–9:45am (TP)	<b>Aquafit – Shallow</b> 9–9:45am (TP)	<b>Barre</b> 8:15–9:15am (S)	
<b>Aquafit – Deep</b> 9–9:45am (TP)	<b>Aquafit – Shallow</b> 9–9:45am (TP)	<b>Aquafit – Deep</b> 9–9:45am (TP)	<b>Bootcamp – Interval</b> 9–10am (G)		<b>Strength – LIFT</b> 8:15–9:15am (G)	
<b>Cardio Dance – Zumba</b> 9–10am (S)	<b>Strength</b> 9–10am (G)	<b>Strength</b> 9–9:45am (G)	<b>Strength</b> 9–9:45am (S)	<b>Step</b> 9–10am (G)	<b>Step – Advanced</b> 9:30–10:45am (G)	<b>Yoga – Flow</b> 9–10am (S)
<b>Bootcamp</b> 9–10am (G)		<b>Step – Beginner</b> 9–9:45am (S)	<b>Aquafit – Shallow</b> 10–10:45am (TP)	<b>Cycle</b> 9–9:30am (S)		
<b>Yoga – Flow</b> 10:15–11:15am (S)	<b>Cardio Dance – Zumba</b> 10–10:45am (S)	<b>Barre</b> 10–10:45am (S)	<b>Yoga – Flow</b> 10–10:45am (S)	<b>Bootcamp</b> 9:30–10am (S)		
<b>LATE MORNING &amp; AFTERNOON</b>						
<b>Cardio &amp; Strength – Gentle Fit</b> 10:15–11:15am (G)	<b>Strength – Gentle Fit</b> 11am–12pm (S)	<b>Cardio &amp; Strength – Gentle Fit</b> 10–11am (G)	<b>Cardio &amp; Strength – Synrgy 360</b> 10–10:45am (FC)	<b>Cardio &amp; Strength – Gentle Fit</b> 10:15–11:15am (G)	<b>Yoga – Restorative</b> 10:15–11:15am (S)	<b>Cardio Dance – High Low</b> 10:15–11am (S)
	<b>Cardio Dance – Zumba</b> 12:15–1:15pm (S)	<b>Tai Chi</b> 11am–12pm (S)	<b>Baby &amp; Me – Fitness</b> 11–11:45am (S)	<b>Yoga – Flow</b> 10:15–11:15am (S)	<b>Cardio Dance – Zumba</b> 11:30am–12:30pm (S)	<b>Cycle</b> 11:15am–12:15pm (S)
	<b>Bridge to Wellness – Aqua</b> 1–2pm (TP)	<b>Bridge to Wellness – Level I</b> 1–2pm (S)	<b>Bridge to Wellness – Aqua</b> 12–1pm (TP)	<b>Stretch &amp; Mobility</b> 11:30am–12pm (S)	<b>Cardio Dance – Learn to Dance</b> 12:45–2pm (S)	
	<b>Yoga – Flow</b> 1:30–2:30pm (S)		<b>Cardio Dance – Zumba</b> 12–1pm (S)			
<b>EVENING</b>						
<b>Cardio Dance – Zumba</b> 6–7pm (S)	<b>Strength – LIFT</b> 6–7pm (S)	<b>Strength – TRX</b> 5–5:45pm (S)	<b>Strength</b> 6–7pm (S)			
<b>Aquafit – Shallow</b> 7–7:45pm (TP)	<b>Core</b> 7–7:30pm (FC)	<b>Cycle</b> 6–7pm (S)	<b>Core</b> 7–7:30pm (FC)			
<b>Cardio &amp; Strength</b> 7:15–8pm (S)	<b>Bootcamp – Interval</b> 7:15–8pm (S)	<b>Cardio Dance – Zumba</b> 7:15–8:15pm (S)	<b>Cardio Dance – Zumba</b> 7:15–8:15pm (S)	<p><i>Group fitness classes are included in YMCA Enhanced membership only. Participants must register for classes. Pre-register up to 3 days in advance.</i></p> <p>Studio (S), Teach Pool (TP), Gymnasium (G), Fitness Centre (FC)</p>		
<b>Cardio &amp; Strength – Synrgy 360</b> 7:15–7:45pm (FC)	<b>Aquafit – Shallow</b> 7:45–8:30pm (TP)	<b>Aquafit – Shallow</b> 7:45–8:30pm (TP)	<b>Aquafit – Aqua Zumba</b> 8–8:45pm (TP)			
	<b>Yoga – Restorative</b> 8:15–9pm (S)					