



# Jamie Platz Family YMCA

## Group Fitness Schedule | November 6 – December 23

### 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>						
Aquafit – Deep 5:45–6:30am (TP)		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 (S)	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 (G)	Aquafit – Deep 8–8:45am (TP)	Aquafit – Shallow 9–9:45am (TP)	Aquafit – Shallow 9–9:45am (TP)	Barre 8:15–9:15am (S)	Yoga – Flow 9:00–9:55am (S)
Aquafit – Deep 9–9:45am (TP)	Aquafit – Shallow 9–9:45am (TP)	Aquafit – Deep 9–9:45am (TP)	Bootcamp – Interval 9–10am (G)		Strength – LIFT 8:15–9:15am (G)	
Cardio Dance – Zumba 9–10am (S)	Strength 9–10am (G)	Strength 9–9:45am (G)	Strength 9–9:45am (S)	Step 9–10am (G)	Step – Advanced 9:30–10:45am (G)	
Bootcamp 9–10am (G)	Baby & Me – Fitness 9–9:45am (S)	Step – Beginner 9–9:45am (S)	Aquafit – Shallow 10–10:45am (TP)	Cycle 9–9:30am (S)		
Yoga – Flow 10:15–11:15am (S)	Cardio Dance – Zumba 10–10:45am (S)	Barre 10–10:45am (S)	Yoga – Flow 10–10:45am (S)	Bootcamp 9:30–10am (S)		
<b>LATE MORNING &amp; AFTERNOON</b>						
Cardio & Strength – Gentle Fit 10:15–11:15am (G)	Strength – Gentle Fit 11am–12pm (S)	Cardio & Strength – Gentle Fit 10–11am (G)	Cardio & Strength – Synrgy 360 10–10:45am (FC)	Cardio & Strength – Gentle Fit 10:15–11:15am (G)	Yoga – Restorative 10:15–11:15am (S)	Cardio Dance – High Low 10:15–11am (S)
	Cardio Dance – Zumba 12:15–1:15pm (S)	Tai Chi 11am–12pm (S)		Yoga – Flow 10:15–11:15am (S)	Cardio Dance – Zumba 11:30am–12:30pm (S)	Cycle 11:15am–12:15pm (S)
	<i>Bridge to Wellness – Aqua 1–2pm (TP)</i>	<i>Bridge to Wellness Level I 1–2pm (S)</i>	<i>Bridge to Wellness – Aqua 12–1pm (TP)</i>	Stretch & Mobility 11:30am–12pm (S)	Cardio Dance – Learn to Dance 12:45–2pm (S)	
	Yoga – Flow 1:30–2:30pm (S)		Cardio Dance – Zumba 12–1pm (S)			
<b>EVENING</b>						
Cardio Dance – Zumba 6–7pm (S)	Strength – LIFT 6–7pm (S)		Strength 6–7pm (S)			
Aquafit – Shallow 7–7:45pm (TP)	Core 7–7:30pm (FC)	Cycle 6–7pm (S)	Core 7–7:30pm (FC)			
Cardio & Strength 7:15–8pm (S)	Bootcamp – Interval 7:15–8pm (S)	Cardio Dance – Zumba 7:15–8:15pm (S)	Cardio Dance – Zumba 7:15–8:15pm (S)	<p><i>Group fitness classes are included in YMCA Enhanced membership only. Participants must register for classes. Pre-register starts Friday at 7 am for the following Monday–Sunday</i></p> <p>Studio (S), Teach Pool (TP), Gymnasium (G), Fitness Centre (FC)</p>		
	Aquafit – Shallow 7:45–8:30pm (TP)	Aquafit – Shallow 7:45–8:30pm (TP)	Aquafit – Aqua Zumba 8–8:45pm (TP)			
	Yoga – Restorative 8:15–9pm (S)					