



Castle Downs Family YMCA

Group Fitness Schedule | July 2 – August 25

Hours of Operation

Monday to Friday: 6am–10pm
 Saturdays & Sundays: 7am–8pm
 Statutory Holidays: Closed

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
Aquafit – Shallow/Deep 9-9:55am (MP)			Bootcamp 9:15-10:15am (G)	Cycle 8:45-9:15am (S1 & S2)		Cycle 8:30-9:30am (S1 & S2)
Strength 9:15-10:15am (G)	Cycle 9:15-9:45am (S1 & S2)	Aquafit – Shallow/Deep 10-10:55am (MP)		Aquafit – Shallow/Deep 9-9:55am (MP)		
	Bootcamp 9:45-10:15am (S1 & S2)		Stretch & Mobility 10:30-11:15am (S3)	Strength 9:30-10:30am (S1 & S2)		
LATE MORNING & AFTERNOON						
Cardio & Strength 10:30-11:30am (G)	Stretch & Mobility 10:30-11:15am (S3)	Cycle 10:30-11:15am (S1 & S2)	Tai Chi 10:30-11:30am (S1 & S2)	Yoga – Flow 10:30-11:30am (S3)	Cardio & Strength 10-10:45am (S1&S2)	Cardio Dance – Zumba 10:45am-11:45pm (S3)
Yoga – Flow 10:30-11:30am (S3)			Aikido 11:30am-1pm (S3)			
	Cardio & Strength – Gentle Fit 12-1pm (G)	Yoga-Chair 11:30-12:30 (S3)	Cardio & Strength – Gentle Fit 12-1pm (G)			Yoga – Flow 12-1pm (S3)
	Bridge to Wellness Level I 1:15-2:15pm (S1 & S2)		Bridge to Wellness Level I 1:15-2:15pm (S1 & S2)			Aqua Zumba – Shallow 1:15-2pm (MP)
EVENING						
	Core 5-5:30pm (S3)	Aquafit – Shallow/Deep 4-4:55pm (MP)				
	Stretch and Mobility 5:30-6pm (S3)	Cardio Dance – Zumba 6-7pm (G)	Cardio & Strength – Synrgy360 6-7pm (FC)			
Strength 6-7pm (S1 & S2)	Aikido 6:15-7:45pm (S3)	Strength 7:15-8:15pm (S1&S2)				
Cardio Dance – Zumba 7:15-8:15pm (G)	Cycle 6:15-7:15pm (S1&S2)		Cardio Dance – Zumba 7:15-8:15pm (S3)	Yoga – Flow 6-7pm (S3)		
Yoga – Flow 7:30-8:30pm (S3)	Cardio Dance – High-Low 7:30-8:30pm (S1&S2)	Yoga – Flow 7:30-8:30pm (S3)				

Group fitness classes are included in YMCA Enhanced membership only. Participants must register for classes. Pre-register Fridays at 7am for the following Monday-Sunday.
 Studio 1 (S1), Studio 2 (S2), Studio 3 (S3), Main Pool (MP), Fitness Centre (FC), Gymnasium (G)

ymcanab.ca/groupfitness

