



Castle Downs Family YMCA

Group Fitness Schedule | September 9 – December 22

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 | | | | | | |
| TRX 8-9am (S1 & S2) | Aquafit – Deep 9-9:55am (MP) | TRX 8-9am (S1 & S2) | Bootcamp 9:15-10:15am (G) | Yoga-Restorative 7-7:45am (S3) | | Cycle 8:30-9:30am (S1 & S2) |
| Aquafit – Shallow/Deep 10-10:55am (MP) | Cycle 9:15-9:45am (S1 & S2) | Aquafit – Shallow 9-9:55am (MP) | Aquafit – Deep 10-10:55am (MP) | Cycle 8:30-9am (S1 & S2) | | |
| Strength 9:15-10:15am (G) | Bootcamp 9:45-10:15am (S1 & S2) | Core 9:15-10:15am (S1&S2) | Stretch & Mobility 10:30-11:15am (S3) | Aquafit – Shallow 9-9:55am (MP) | | Strength 9:30-10:30am (G) |
| 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) | Strength 9:15-10:15am (G) | HITT 10-10:45am (S1&S2) | Cardio Dance – Zumba 10:45-11:45am (S3) |
| Yoga – Flow 10:30-11:30am (S3) | Tai Chi 10:30-11:30am (S1&S2) | Yoga-Flow 10:30-11:30am (S3) | Aikido 11:30am-1pm (S3) | Yoga – Flow 10:30-11:30am (S3) | Yoga – Restorative 11am-12:15pm (S3) | |
| | Cardio & Strength – Gentle Fit 12-1pm (G) | Yoga-chair 11:45am-12:45pm (S3) | Cardio & Strength – Gentle Fit 12-1pm (G) | | Cardio & Strength –Synrgy360 2-2:45pm (FC) | Yoga – Flow 12-1pm (S3) |
| | Bridge to Wellness Level I 1:15-2:15pm (S1 & 2) | Cardio & Strength – Gentle Fit 1:15-2:15pm (S1&S2) | Bridge to Wellness Level I 1:15-2:15pm (S1 & 2) | | | |
| EVENING | | | | | | |
| | Core 5-5:30pm (S3) | | Cardio & Strength – Synrgy360 5-5:45pm (FC) | | | |
| | Stretch and Mobility 5:30-6pm (S3) | Cardio Dance – Zumba 6-7pm (G) | Cardio & Strength – Synrgy360 6-6:45pm (FC) | | | |
| Strength 6-7pm (G) | Aikido 6:15-7:45pm (S3) | Strength 7:15-8:15pm (G) | Cardio & Strength – Gentle Fit 6-7pm (S3) | Yoga – Flow 6:30-7:30pm (S3) | | |
| Cardio Dance – Zumba 7:15-8:15pm (G) | Cycle 6:15-7:15pm (S1&S2) | | Cardio Dance – Zumba 7:15-8:15pm (S3) | Cardio Dance – Zumba (Womens only) 7:45-8:45pm (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) | Aquafit – Shallow/Deep 8-8:45pm (MP) | | | |

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)

