



Castle Downs Family YMCA

Group Fitness Schedule | January 6 – March 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)		TRX 8-9am (S1 & S2)		Yoga-Flow 7-7:45am (S3)		
Strength 9:15-10:15am (G)	Aquafit – Deep 9-9:55am (MP)	Aquafit – Shallow 9-9:55am (MP)	Bootcamp 9:15-10:15am (G)	Cycle 8:30-9am (S1 & S2)		Cycle 8:30-9:30am (S1 & S2)
Aquafit – Shallow/Deep 10-10:55am (MP)	Cycle 9:15-9:45am (S1 & S2)	Core 9:15-10:15am (S1&S2)	Aquafit – Deep 10-10:55am (MP)	Aquafit – Shallow 9-9:55am (MP)		Strength 9:30-10:30am (G)
	Bootcamp 9:45-10:15am (S1 & S2)	Cardio & Strength – Gentle Fit 9:30-10:15 (S3)	Stretch & Mobility 10:30-11:15am (S3)	Strength 9:15-10:15am (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)		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)		Cardio & Strength – Gentle Fit 12-1pm (G)		Cardio Dance – Zumba 12:30-1:30pm (S3)	
	<i>Bridge to Wellness Level I</i> 1:15-2:15pm (S1 & 2)		<i>Bridge to Wellness Level I</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)		Yoga – Flow 6-7pm (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) 7:30-8:30pm (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)

ymcanab.ca/groupfitness

