



# Jamie Platz Family YMCA

## Group Fitness Schedule | January 6 – March 30

### Hours of Operation

Monday to Friday: 5:30am–10pm

Saturdays & Sundays: 7am–9pm

Statutory Holidays: Closed

7121 178 Street

Edmonton, AB

(780) 481–YMCA (9622)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>EARLY MORNING</b>						
Aquafit – Deep 5:45–6:30am (TP)	Aquafit – Shallow 5:45–6:30am (TP)	Aquafit – Deep 5:45–6:30am (TP)		Aquafit – Deep 5:45–6:30am (TP)		
Cycle 6:15–7am (S)	Bootcamp – Circuit 5:45–6:30am (S)	Cycle 6:15–7am (S)	Bootcamp – Circuit 5:45–6:30am (S)	Cycle 6:15–7am (S)		
Aquafit – Deep 7–7:45am (TP)	Aquafit – Shallow 7–7:45am (TP)	Aquafit – Deep 7–7:45am (TP)	Aquafit – Shallow 8–8:45am (TP)	Aquafit – Deep 7–7:45am (TP)		
Aquafit – Deep 8–8:45am (TP)	Strength – TRX 8–8:45am (S)	Aquafit – Deep 8–8:45am (TP)	Aquafit – Shallow 9–9:45am (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)	Aquafit – Shallow 8–8:45am (TP)	Yoga – Flow 8–8:45am (S)	Bootcamp – Interval 9–10am (G)	Yoga – Flow 8–8:45am (S)	Strength – LIFT 8:15–9:15am (G)	
Aquafit – Deep 9–9:45am (TP)	Core 8:15–8:45 (G)	Aquafit – Deep 9–9:45am (TP)	Strength 9–9:45am (S)	Aquafit – Shallow 9–9:45am (TP)	Barre 9–10am (S)	
Cardio Dance – Zumba 9–10am (S)	Aquafit – Shallow 9–9:45am (TP)	Strength 9–9:45am (G)	Aquafit – Shallow 10–10:45am (TP)	Step 9–10am (G)	Step – Advanced 9:30–10:45am (G)	
Bootcamp 9–10am (G)	Cardio & Strength 9–10am (G)	Step – Beginner 9–9:45am (S)	Yoga – Flow 10–10:45am (S)	Cycle 9–9:30am (S)		
Yoga – Flow 10:15–11:00am (S)	Cardio Dance 9–9:45am (S)		Cardio & Strength – Synrgy 360 10–10:45am (FC)	Bootcamp 9:30–10am (S)		
<b>LATE MORNING &amp; AFTERNOON</b>						
	Yoga – Restorative 10–10:45am (S)		Cardio & Strength – <i>Baby and Me</i> 10:15–11am (G)	Cardio & Strength – Gentle Fit 10:15–11:15 (G)		Yoga – Restorative 9–9:55 am (S)
Cardio & Strength – Gentle Fit 10:15–11:15am (G)	Strength – Gentle Fit 11am–12pm (S)	Barre 10–10:45am (S)		Yoga – Flow 10:15–11:15am (S)	Yoga – Flow 10:15–11:15am (S)	Cardio Dance – Hi/Lo 10–11:00am (S)
	Cardio Dance – Zumba 12:15–1:15pm (S)	Cardio & Strength – Gentle Fit 10–11am (G)	Cardio Dance – Zumba 12–1pm (S)	Aquafit – Shallow 10–10:45am (TP)	Cardio Dance – Zumba 11:30am–12:30pm (S)	Cycle 11:15am–12:15pm (S)
	<i>Bridge to Wellness – Aqua</i> 1–2pm (TP)	Tai Chi 11am–12pm (S)	<i>Bridge to Wellness – Aqua Shallow</i> 12–1pm (TP)		Cardio Dance – Learn to Dance 12:45–2pm (S)	
	Yoga – Flow 1:30–2:30pm (S)	<i>Bridge to Wellness Level 1 – 1–2pm (MPR)</i>		<i>Bridge to Wellness Level 2 – 2–3pm (MPR)</i>		
<b>EVENING</b>						
Cardio Dance – Zumba 6–7pm (S)	Strength – LIFT 6–7pm (S)	Cycle 6–7pm (S)	Strength 6–7pm (S)			
Aquafit – Shallow 6–6:45pm (TP)						
Aquafit – Shallow 7–7:45pm (TP)	Core 7–7:30pm (FC)	Cardio Dance – Zumba 7:15–8:15pm (S)	Core 7–7:30pm (FC)			
Cardio & Strength 7:15–8pm (S)	Yoga – Restorative 7:15–8pm (S)	Cardio & Strength Synrgy 360 7:15–8pm (FC)	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 7–7:45pm (TP)	Aquafit – Shallow 7:45–8:30pm (TP)	Aquafit – Shallow 7:45–8:30pm (TP)	Aquafit – Aqua Zumba 7:45–8:30pm (TP)			
Aquafit – Shallow 8–8:45pm (TP)						

