



Shine On

# Adult Group Fitness and Recreation

Castle Downs Family YMCA | March 31 – June 15

[ymcanab.ca/groupfitness](http://ymcanab.ca/groupfitness)

Last updated 2025-03-18

## HOURS OF OPERATION

M– F: **6am–10pm** | Weekends: **7am–8pm**

Statutory Holidays (open on rotation): Good Friday, April 18, closed | Victoria Day, May 19, open 8am–4pm

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

## Recreational Sports (G)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Open Gym</b> 6–7am	<b>Open Gym</b> 6–9:45am	<b>Open Gym</b> 6–7am	<b>Open Gym</b> 6–9am	<b>Open Gym</b> 6–7am	<b>Badminton</b> 7-8:50am	<b>Open Gym</b> 7–9:15am
<b>Badminton</b> 7:10-9am		<b>Badminton</b> 7:10-10:45am		<b>Badminton</b> 7:10-9am	<b>Open Gym</b> 9–9:45am	
<b>Pickleball</b> 11:45am-2:45pm	<b>Pickleball</b> 10-11:45am	<b>Open Gym</b> 11am–12pm	<b>Pickleball</b> 10:30-11:45am	<b>Pickleball</b> 10:30am-1:30pm		
	<b>Pickleball</b> 1:15-3:15pm	<b>Pickleball</b> 12:15-3:15pm	<b>Open Gym</b> 1:15–3:50pm	<b>Open Gym</b> 1:45–6:30pm	<b>Open Gym</b> 3–7:50pm	<b>Pickleball</b> 12:45-2:45pm
<b>Open Gym</b> 3-5:45pm	<b>Open Gym</b> 3:15-4:45pm	<b>Open Gym</b> 3:30-5:45pm				<b>Open Gym</b> 3–7:50pm
<b>Open Gym</b> 8:30–9:50pm	<b>Volleyball</b> 8–9:45pm	<b>Open Gym</b> 8:30–9:50pm	<b>Open Gym</b> 8–9:50pm			

**Legend:** (S1&2) Studio 1 and 2 (S3) Studio 3 (G) Gym (MP) Main Pool (FC) Fitness Centre (MPR) Multipurpose Room

**Note:** Bridge to Wellness is a registered sessional program.

**Registration:** Pre-Registration is required for everything except open gym, badminton, pickleball and adult volleyball. Registration opens Fridays at 7am for the following Monday-Sunday. Sign up at [ymcanab.ca/register](http://ymcanab.ca/register)

### Childminding (MPR3)

Monday–Friday, 9:00am- 12:00pm

### Childminding (MPR3) & Kids Club (MPR3- except Fridays in MPR 1)

Monday–Friday, 5-8pm

Saturday, 9:30am-12:30pm

