



# Adult Group Fitness and Recreation

Don Wheaton Family YMCA | March 31 – June 15  
[ymcanab.ca/groupfitness](http://ymcanab.ca/groupfitness)

## HOURS OF OPERATION

M– F: **5:30am–9pm** | Saturday: **7am–6pm** | Sunday: **8am–4pm (pool area opens at 9am)**  
 Statutory Holidays (open on rotation): Good Friday, April 18, open 8am–4pm | Victoria Day, May 19, closed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>EARLY MORNING</b>						
<b>Aquafit – Deep/Shallow</b> 9:45-10:30AM (MP)	<b>Cycle</b> 6:15-7AM (CR)	<b>Strength</b> 6:15-7AM (S2)	<b>Cycle</b> 6:15-7AM (CR)	<b>Strength</b> 6:15-7AM (S2)		
	<b>Cardio &amp; Strength – Gentle fit</b> 9:45-10:45AM (S2)	<b>Aquafit – Deep/Shallow</b> 9:45-10:30AM (MP)	<b>Bridge to Wellness Level 2</b> 9:30-10:30AM (S2)	<b>Yoga-Chair</b> 9:45-10:45AM (S2)		<b>Cardio Dance</b> 9-9:45AM (S2)
<b>LATE MORNING (11am) &amp; AFTERNOON</b>						
	<b>Barre</b> 11-11:45AM (S2)	<b>Cardio Strength</b> 11-11:45am (S2)	<b>Barre</b> 11-11:45AM (S2)	<b>Strength</b> 11-11:45AM (G)	<b>Cardio Strength</b> 10-10:45AM (S2)	<b>Yoga-Flow</b> 10-10:55am (S2)
<b>Core</b> 11-11:45am (S2)	<b>Cycle</b> 11-11:45am (CR)		<b>Cycle</b> 11-11:45AM (CR)	<b>Yoga- Restorative</b> 12:05-12:55PM (S2)	<b>Cycle</b> 11-11:45AM (CR)	<b>Cardio &amp; Strength Synrgy360</b> 11-11:55AM (FTR)
<b>Yoga-Flow</b> 12:05-1PM (S2)	<b>Yoga-Sculpt</b> 12:05-12:50PM (S2)	<b>Cycle</b> 12:05-12:50PM (CR)	<b>Cardio &amp; Strength Synrgy360</b> 12:05-12:50PM			
<b>Cycle</b> 12:05-12:50PM (CR)	<b>Strength-Lift</b> 12:05-12:50Pm (CR)					
	<b>Bridge to Wellness Level 1</b> 1:15-2:15PM (S1)		<b>Bridge to Wellness Level 1</b> 1:15-2:15PM (S1)			
<b>EVENING</b>						
<b>Bootcamp</b> 5:30-6:25PM (G)	<b>Strength</b> 5-5:55PM (FTR)	<b>Strength-Lift</b> 5:15-6:10PM (G)	<b>HIIT</b> 5-5:55pm (FTR)	<b>HIIT</b> 5:30-6:25PM (FTR)		
	<b>Cardio Dance</b> 5-5:55PM (G)	<b>Step</b> 6:30-7:15PM (S2)	<b>Cardio Dance-Zumba</b> 5:30-6:25PM (G)			
	<b>Yoga-Flow</b> 6-6:55PM (S2)		<b>Cycle</b> 6-6:55PM (CR)			

## Recreational Sports (G)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Open Gym</b> 5:30-8:30am	<b>Open Gym</b> 5:30-8:30am	<b>Badminton/Pickleball</b> 5:30-8am	<b>Open Gym</b> 5:30-8:30am	<b>Open Gym</b> 5:30-8:30am	<b>Open Gym</b> 7-7:30am	<b>Open Gym</b> 8-9 am
<b>Open Gym</b> 10-12:45pm	<b>Open Gym</b> 10-11:50am	<b>Open Gym</b> 10-10:45am	<b>Open Gym</b> 10-11:45am	<b>Open Gym</b> 10-10:45am	<b>Pickleball</b> 7:45-12:30pm	<b>Badminton</b> 9-12pm
<b>Badminton/Pickleball</b> 1-3pm			<b>Badminton/Pickleball</b> 12-3:00pm		<b>Open Gym</b> 12:45-5:45pm	<b>Open Gym</b> 12:15-3:45pm
<b>Open Gym</b> 3:15-5:15pm	<b>Open Gym</b> 1:00-4:45pm	<b>Open Gym</b> 12- 5pm	<b>Open Gym</b> 3:15-5:00PM	<b>Open Gym</b> 12-6pm		
<b>Basketball</b> 6:30-8:45pm	<b>Floor Hockey</b> 6:05-8:45pm	<b>Open Gym</b> 6:20- 8:45pm	<b>Open Gym</b> 6:30-8:45pm	<b>Basketball</b> 6-8:45pm		

**Legend:** (S1) Studio 1 (S2) Studio 2 (G) Gym (TP) Teach Pool (FC) Fitness Centre (MPR) Multipurpose Room (FTR) Functional Training room

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

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