



Shine On

# Adult Group Fitness and Recreation

Jamie Platz Family YMCA | March 31 – June 15

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

Last updated 2025-03-27

## HOURS OF OPERATION

M–F: 5:30am–10pm | Weekends: 7am–9pm

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>MORNING</b>						
<b>Aquafit – Deep</b> 5:45–6:30am (TP)	<b>Aquafit – Shallow</b> 5:45–6:30am (TP)	<b>Aquafit – Deep</b> 5:45–6:30am (TP)		<b>Aquafit – Deep</b> 5:45–6:30am (TP)		
<b>Cycle</b> 6:15–7am (S)	<b>Bootcamp – Circuit</b> 5:45–6:30am (S)	<b>Cycle</b> 6:15–7am (S)	<b>Bootcamp – Circuit</b> 5:45–6:30am (S)	<b>Cycle</b> 6:15–7am (S)		
<b>Aquafit – Deep</b> 7–7:45am (TP)	<b>Aquafit – Shallow</b> 7–7:45am (TP)	<b>Aquafit – Deep</b> 7–7:45am (TP)	<b>Aquafit – Shallow</b> 8–8:45am (TP)	<b>Aquafit – Deep</b> 7–7:45am (TP)		
<b>Aquafit – Deep</b> 8–8:45am (TP)	<b>Yoga – Flow</b> 6:45–7:45am (S)	<b>Aquafit – Deep</b> 8–8:45am (TP)	<b>Aquafit – Shallow</b> 9–9:45am (TP)	<b>Aquafit – Deep</b> 8–8:45am (TP)	<b>Aquafit – Deep</b> 8–8:45am (TP)	<b>Aquafit – Deep</b> 8–8:45am (TP)
<b>Strength – LIFT</b> 8–8:45am (S)	<b>Strength – TRX</b> 8–8:45am (S)	<b>Yoga – Flow</b> 8–8:45am (S)	<b>Bootcamp – Interval</b> 9–10am (G)	<b>Yoga – Flow</b> 8–8:45am (S)	<b>Strength – LIFT</b> 8:15–9:15am (G)	
<b>Aquafit – Deep</b> 9–9:45am (TP)	<b>Aquafit – Shallow</b> 8–8:45am (TP)	<b>Aquafit – Deep</b> 9–9:45am (TP)	<b>Strength</b> 9–9:45am (S)	<b>Aquafit – Shallow</b> 9–9:45am (TP)	<b>Barre</b> 9–10am (S)	<b>Yoga – Restorative</b> 9–9:55 am (S)
<b>Cardio Dance – Zumba</b> 9–10am (S)	<b>Aquafit – Shallow</b> 9–9:45am (TP)	<b>Strength</b> 9–9:45am (G)	<b>Yoga – Flow</b> 10–10:45am (S)	<b>Step</b> 9–10am (G)	<b>Step – Advanced</b> 9:30–10:45am (G)	
<b>Bootcamp</b> 9–10am (G)	<b>Cardio &amp; Strength</b> 9–10am (G)	<b>Step – Beginner</b> 9–9:45am (S)	<b>Cardio &amp; Strength – Synrgy360</b> 10–10:45am (FC)	<b>Cycle</b> 9–9:30am (S)		
<b>Yoga – Flow</b> 10:15–11am (S)	<b>Cardio &amp; Strength – HIIT</b> 9–9:45am (S)			<b>Bootcamp</b> 9:30–10am (S)		<b>Cardio Dance – Hi/Lo</b> 10–11am (S)

<b>LATE MORNING &amp; AFTERNOON</b>						
<b>Cardio &amp; Strength – Gentle Fit</b> 10:15–11:15am (G)	<b>Yoga – Restorative</b> 10–10:45am (S)	<b>Cardio &amp; Strength – Gentle Fit</b> 10–11am (G)	<b>Baby &amp; Me – Fitness</b> 10:15–11am (G)	<b>Aquafit – Shallow</b> 10–10:45am (TP)		<b>Cycle</b> 11:15am–12:15pm (S)
	<b>Strength – Gentle Fit</b> 11am–12pm (S)	<b>Barre</b> 10–10:45am (S)		<b>Cardio &amp; Strength – Gentle Fit</b> 10:15–11:15am (G)	<b>Yoga – Flow</b> 10:15–11:15am (S)	
	<b>Cardio Dance – Zumba</b> 12:15–1:15pm (S)		<b>Cardio Dance – Zumba</b> 12–1pm (S)	<b>Yoga – Flow</b> 10:15–11:15am (S)	<b>Cardio Dance – Zumba</b> 11:30am–12:30pm (S)	
	<b>Bridge to Wellness – Aqua</b> 1–2pm (TP)	<b>Tai Chi</b> 11am–12pm (S)	<b>Bridge to Wellness – Aqua</b> 12–1pm (TP)		<b>Cardio Dance – Learn to Dance</b> 12:45–2pm (S)	
	<b>Yoga – Flow</b> 1:30–2:30pm (S)	<b>Bridge to Wellness Level I</b> 1–2pm (MPR 2)		<b>Bridge to Wellness Level II</b> 2–3pm (MPR 2)		

<b>EVENING</b>						
<b>Cardio Dance – Zumba</b> 6–7pm (S)	<b>Strength – LIFT</b> 6–7pm (S)	<b>Cycle</b> 6–7pm (S)	<b>Strength</b> 6–7pm (S)			
<b>Aquafit – Shallow</b> 6–6:45pm (TP)	<b>Core</b> 7–7:30pm (FC)	<b>Cardio Dance – Zumba</b> 7:15–8:15pm (S)	<b>Core</b> 7–7:30pm (FC)			
<b>Aquafit – Shallow</b> 7–7:45pm (TP)	<b>Yoga – Restorative</b> 7:15–8pm (S)	<b>Cardio &amp; Strength – Synrgy360</b> 7:15–8pm (FC)	<b>Cardio Dance – Zumba</b> 7:15–8:15pm (S)			
<b>Cycle &amp; Strength</b> 7:15–8:15pm (S)	<b>Aquafit – Shallow</b> 7:45–8:30pm (TP)	<b>Aquafit – Shallow</b> 7:45–8:30pm (TP)	<b>Aquafit – Aqua Zumba</b> 7:45–8:30pm (TP)			
<b>Aquafit – Shallow</b> 8–8:45pm (TP)						

## Recreational Gym Sports

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Open Gym</b> 5:30–8:45am (G)	<b>Open Gym</b> 5:30–8:45am (G)	<b>Open Gym</b> 5:30–8:45am (G)	<b>Open Gym</b> 5:30–8:45am (G)	<b>Open Gym</b> 5:30–8:45am (G)	<b>Open Gym</b> 7–8am (G)	<b>Open Gym</b> 7–8am (G)
<b>Pickleball Court Bookings</b> 11:30am–12:45pm (G)	<b>Pickleball Open Play</b> 10:15am–12:15pm (G)	<b>Pickleball Open Play</b> 11:15am–1:15pm (G)	<b>Pickleball Open Play</b> 11:15am–12:45pm (G)	<b>Pickleball Court Bookings</b> 11:30am–12:45pm (G)		<b>Badminton Court Bookings</b> 8:15–9:45am (G)
<b>Open Gym</b> 1–4:15pm (G)	<b>Floor Hockey</b> 2:15–4:15pm (G)	<b>Open Gym</b> 2:15–4:15pm (G)	<b>Learn to Play Pickleball</b> 1–2:30pm (G)	<b>Open Gym</b> 1–2:45pm (G)		<b>Pickleball Open Play</b> 1–4pm (G)
<b>Open Gym</b> 7:30–9:45pm (G)	<b>Open Gym</b> 8:30–9:45pm (G)	<b>Open Gym</b> 7:30–9:45pm (G)	<b>Open Gym</b> 8:30–9:45pm (G)	<b>Floor Hockey</b> 3–5pm (G)	<b>Open Gym</b> 2–8:45pm (G)	<b>Open Gym</b> 4:15–8:45pm (G)

**Legend:** (FC) Fitness Centre | (G) Gymnasium | (MPR 1) Multi-Purpose Room 1 | (MPR 2) Multi-Purpose Room 2 | (S) Studio | (TP) Teach Pool

**Note:** Bridge to Wellness & Learn to Dance are registered sessional programs.

**Registration:** Pre-registration is required for group fitness, pickleball and badminton. Registration opens Fridays at 7am for the following Monday-Sunday. Sign up at [ymcanab.ca/register](http://ymcanab.ca/register)

### Childminding (MPR 1)

Mon/Wed/Thu/ 8:45–11:15am | Tue/Fri 8:45am–12:15pm  
Sat 8am–12:30pm  
Mon-Thu 4:30–7:15pm

### Kids' Club (MPR 1)

Fri 5–8pm | Sat 8am–12:30pm

