



Shine On

Adult Group Fitness and Recreation

William Lutsky Family YMCA | March 31 – June 15

ymcanab.ca/groupfitness

Last updated 2025-02-24

HOURS OF OPERATION

M– F: **5:30am–10pm** | Weekends: **7am–9pm**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
	Bootcamp 6:00-6:45am (G)		Cycle 6:00-6:45am (FC)			
Yoga – Flow 7:45-8:40am (MPR)	Aquafit – Shallow/Deep 8-8:45am (MP)	Yoga – Flow 7:30-8:30am (MPR)	Aquafit – Shallow/Deep 8-8:45am (MP)			
	Core 8:15-8:45am (G)	Cycle 8-8:55am (FC)		Core 8:15-8:45am (G)	HIIT 8-8:45am (G)	Core 8:15-8:45am (MPR)
Strength 9-9:55am (G)	Step 9-9:55am (G)	Cardio & Strength 9-9:55am (G)	HIIT 9-9:55am (G)	Strength 9-9:55am (G)	Bootcamp 9-9:55am (G)	Synrgy 9-9:45am (FC)
HIIT 9-9:45am (MPR)	Yoga- Chair 9-9:55am (MPR)	Yoga 9-9:45am (MPR)	Synrgy 9-9:45am (FC)			
Aquafit – Shallow/Deep 9-9:45am (MP)	Cycle-Gentle fit 9-9:45am (FC)	Aquafit – Shallow/Deep 9-9:45am (MP)	Yoga- Chair 9-9:55am (MPR)	Aquafit – Shallow/Deep 9-9:45am (MP)		
Cycle 9-9:55am (FC)	Aquafit – Shallow 9-9:45am (MP)	Barre 10:15- 11am (MPR)		Cycle 9-9:55am (FC)		
LATE MORNING (10am) & AFTERNOON						
Yoga 10:05- 11am (MPR)	Yoga 10:05- 11am (MPR)	Cardio Dance – Zumba 10:05-11am (G)	Yoga 10:05- 11am (MPR)	Aquafit – Warm Water 10-10:45am (TP)		
Cardio Dance – Zumba 10:05-11am (G)	Strength-Gentle fit 10:05-11:00am (G)	Essentrics 11:10-12:05pm (MPR)	Strength-Gentle fit 10:05-11:00am (G)	Cardio Dance – Zumba 10:05-11am (G)	Cardio Dance – Zumba 10:05-11am (G)	Cardio Dance – Zumba 10:05-11am (MPR)
Essentrics 11:10-12:05pm (MPR)	Synrgy 10:05-10:50am (FC)	Core 11:10-11:40pm (S2)	TRX 11:10-11:55 (G)	Yoga 10:05- 11am (MPR)	Yoga 10:05- 11am (MPR)	
	Bridge to Wellness 11:10-12:05pm (MPR)	Yoga-Sculpt 12:00-12:55pm (S2)	Bridge to Wellness 11:10-12:05pm (MPR)	Yoga- Chair 11:10-12:05pm (MPR)	Yoga- Restorative 11:10-12:05pm (MPR)	
		Cycle 12:15-1pm (FC)		HIIT 11:10-11:55 (S2)		
Aquafit – Shallow/Deep 12:15-1:00pm (MP)	Aquafit – Shallow/Deep 12:15-1:00pm (MP)	Baby & Me Fitness 2pm-2:45pm (S2)	Aquafit – Shallow/Deep 12:15-1:00pm (MP)	Stretch & Mobility 12:15-1pm (S2)		
EVENING						
	Yoga- Flow 5-5:55pm (MPR)			Synrgy 5-5:45pm (FC)		
Bootcamp 6-6:55pm (G)	Cycle 6-6:45pm (FC)	Synrgy 6-6:45pm (FC)	Cycle 6-6:45pm (FC)	HIIT 6pm-6:45pm (S2)		
Barre 6-6:45pm (MPR)	Strength -LIFT 6-6:55pm (G)	Barre 6-6:45pm (MPR)	Synrgy 7-7:45pm (FC)	Cardio Dance – Zumba 7:05-8:00pm (MPR)		
Cardio Dance – Zumba 7:05-8:00pm (G)	Cardio Dance -Zumba 7:05-8:00pm (S)	Cardio Dance – Zumba 7:05-8:00pm (G)	Stretch & Mobility 8:10-8:55pm (S2)			
Yoga- Flow 7-7:55pm (MPR)	Tai Chi 7-7:55pm (MPR)	Yoga- Flow 7-7:55pm (MPR)				
Aquafit – Shallow 8:10-8:55pm (MP)	Tai Chi- Qui Gong 8:05-9:00pm (MPR)	Aquafit – Zumba 8:10-8:55pm (MP)				

Recreational Sports

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pickleball 12pm-2pm (G)	Pickleball 12pm-2pm (G)	Pickleball 11:30-1pm (G)	Pickleball 12pm-2pm (G)	Pickleball 11:30-1pm (G)		Pickleball/Badminton Court Bookings 7:05-8am (G)
		Pickleball 1pm-2:30pm (G)		Pickleball 1pm-2:30pm (G)		Pickleball/Badminton Court Bookings 8:05-9am (G)
		Stay & Play Baby Time 2:45-4pm (S2)	Floor Hockey 8pm-9:45pm (G)		Volleyball 7pm-8:45pm (G)	Pickleball/Badminton Court Bookings 9:05-10am (G)

Legend: (S2) Studio 2 (MP) Main Pool (G) Gym (TP) Teach 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. Registration opens Fridays at 7am for the following Monday-Sunday. Sign up at ymcanab.ca/register

Childminding

Monday- Friday, 9am-12pm

Monday- Thursday, 4:30-8pm

Kids Klub

Friday- 5-7pm

Teen Night

Friday 7-9:45pm

