



Adult Group Fitness and Recreation

Castle Downs Family YMCA | June 30 – August 24

ymcanab.ca/groupfitness

Last updated 2025-06-05

HOURS OF OPERATION

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

Statutory Holidays (open on rotation): Canada Day, July 1, Closed, Heritage Day, August 4, Open 8am-4pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
				Yoga-Restorative 7-7:45am (S3)		
		Bootcamp- Outdoors 6:30-7:15am (Lobby)		Bootcamp- Outdoors 6:30-7:15am (Lobby)		
Strength 9:15-10:15am (G)		Aquafit – Shallow/Deep 9-9:55am (MP)	Bootcamp 9:15-10:15am (G)	Cycle 8:45-9:15am (S1&2)	Cardio Dance – Zumba 8:45-9:45am (S3)	
Aquafit – Shallow/Deep 10-10:55am (MP)	Cycle 9:15-9:45am (S1&2)	Core 9:15-10:15am (S1&2)		Aquafit – Shallow/Deep 9-9:55am (MP)		Cardio & Strength - Synrgy360 9:30-10:15am (FC)
	Bootcamp 9:45-10:15am (S1&2)		Stretch & Mobility 10:30-11:15am (S3)	Cardio & Strength 9:30-10:30am (S1&2)		
LATE MORNING (11am) & AFTERNOON						
Cardio & Strength 10:30-11:30am (G)	Stretch & Mobility 10:30-11:15am (S3)	Cycle 10:30-11:15am (S1 & S2)	Tai Chi 10:30-11:30am (S1&2)		HIIT 10-10:45am (S1&S2)	Cardio Dance – Zumba 10:45-11:45am (S3)
Yoga – Flow 10:30-11:30am (S3)	Tai Chi 10:30-11:30am (S1&2)	Yoga-Flow 10:30-11:30am (S3)	Aikido 11:30am-1pm (S3)	Yoga – Flow 10:30-11:30am (S3)	Yoga – Restorative 11am-12:15pm (S3)	
Yoga – Chair 11:45am-12:45pm (S3)	Cardio & Strength – Gentle Fit 12-1pm (G)		Cardio & Strength – Gentle Fit 12-1pm (G)			
	Bridge to Wellness 1:15-2:15pm (S1&2)		Bridge to Wellness 1:15-2:15pm (S1&2)			Aquafit – Shallow/Deep 1-1:45pm (MP)
EVENING						
	Core 5-5:30pm (S3)					
Strength 6-7pm (G)	Stretch and Mobility 5:30-6pm (S3)	Cardio Dance - Zumba 6-7pm (G)	Cardio & Strength - Synrgy360 6-6:45pm (FC)			
Cardio Dance - Zumba 7:15-8:15pm (G)	Aikido 6:15-7:45pm (S3)	Strength 7:15-8:15pm (G)				
	Cycle 6:15-7:15pm (S1&2))		Cardio Dance - Zumba 7:15-8:15pm (S3)			
	Cardio Dance - High-Low 7:30-8:30pm (S1&2)	Yoga – Flow 7:30-8:30pm (S3)	Walking Group- Outdoors 7- 8pm (Lobby)			

Recreational Sports (G)

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

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

Childminding (MPR3)

Monday–Friday, 9:00am- 12:00pm

Childminding (MPR3) & Kids Club (MPR3- except Friday- MPR 1)

Monday–Friday, 5pm- 8pm
Saturday, 9:30am–12:30pm

