

**HOURS OF OPERATION**  
M–F: **5:30am–10pm** | Weekends: **7am–9pm**  
Statutory Holidays (open on rotation): Canada Day, July 1: Open 8am–4pm | Civic Holiday, August 4: Closed

[ymcanab.ca/groupfitness](https://ymcanab.ca/groupfitness)  
Last updated 2025-06-24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
Aquafit – Deep 5:45–6:30am (TP)	Aquafit – Shallow 5:45–6:30am (TP)	Aquafit – Deep 5:45–6:30am (TP)	Aquafit – Shallow 6-6:45am (TP)	Aquafit – Deep 5:45–6:30am (TP)		
			Bootcamp – Circuit 5:45-6:30am (O/S)			
Aquafit – Deep 7–7:45am (TP)	Aquafit – Shallow 7–7:45am (TP)	Aquafit – Deep 7–7:45am (TP)		Aquafit – Deep 7–7:45am (TP)		
Aquafit – Deep 8–8:45am (TP)	Yoga – Flow 6:45–7:45am (O/S)	Aquafit – Deep 8–8:45am (TP)	Aquafit – Shallow 8–8:45am (TP)	Aquafit – Deep 8–8:45am (TP)	Aquafit – Deep 8–8:45am (TP)	Aquafit – Deep 8–8:45am (TP)
Strength – LIFT 8–8:45am (S)		Yoga – Flow 8–8:45am (S)	Aquafit – Shallow 9–9:45am (TP)	Yoga – Flow 8-8:45am (S)		
Aquafit – Deep 9–9:45am (TP)	Aquafit – Shallow 8–8:45am (TP)	Aquafit – Deep 9–9:45am (TP)	Bootcamp – Interval 9–10am (G)	Aquafit – Shallow 9–9:45am (TP)	Barre 9-10am (S)	Yoga – Restorative 9–9:55 am (S)
Cardio Dance – Zumba 9–10am (S)	Aquafit – Shallow 9–9:45am (TP)	Strength 9–9:45am (G)	Strength 9–9:45am (S)	Step 9–10am (G)	Step – Advanced 9:30–10:45am (G)	
Bootcamp 9:15–10am (G)	Cardio & Strength 9–10am (G)	Step – Beginner 9-9:45am (S)		Cycle 9–9:30am (S)		
Yoga – Flow 10:15–11am (S)	Cardio Dance – Zumba 9-9:45am (S)		Yoga – Flow 10-10:45am (S)	Bootcamp 9:30–10am (S)		
LATE MORNING & AFTERNOON						
Cardio & Strength – Gentle Fit 10:15–11:15am (G)	Yoga – Restorative 10-10:45am (S)	Cardio & Strength – Gentle Fit 10-11am (G)	Cardio & Strength – Synrgy360 10-10:45am (FC)	Aquafit – Shallow 10–10:45am (TP)	Yoga – Flow 10:15–11:15am (S)	Cardio Dance – Zumba 10–11am (S)
		Barre 10–10:45am (S)	Baby & Me – Fitness 10:15-11am (G)	Yoga – Flow 10:15–11:15am (S)		
	Strength – Gentle Fit 11am–12pm (S)		Cardio Dance – Zumba 12–1pm (S)		Cardio Dance – Zumba 11:30am–12:30pm (S)	Cycle 11:15am–12:15pm (S)
Bridge to Wellness – Aqua 12-1pm (TP)	Cardio Dance – Zumba 12:15–1:15pm (S)		Bridge to Wellness – Aqua 12-1pm (TP)		Cardio Dance – Learn to Dance 12:45–2pm (S)	
	Yoga – Flow 1:30–2:30pm (S)	Bridge to Wellness Level I 1-2pm (S)		Bridge to Wellness Level II 2–3pm (S)		
EVENING						
Cardio Dance – Zumba 6–7pm (S)	Strength – LIFT 6–7pm (S)	Cycle 6–7pm (S)	Strength 6–7pm (S)			
Aquafit – Shallow 7–7:45pm (TP)		Cardio Dance – Zumba 7:15–8:15pm (S)				
Bootcamp 7:15–8pm (S)	Yoga – Restorative 7:15-8pm (S)	Cardio & Strength – Synrgy360 7:15-8pm (FC)	Cardio Dance – Zumba 7:15–8:15pm (S)			
	Aquafit – Shallow 7:45-8:30pm (TP)	Aquafit – Shallow 7:45-8:30pm (TP)	Aquafit – Aqua Zumba 7:45–8:30pm (TP)			
Aquafit – Shallow 8-8:45pm (TP)						
Recreational Sports						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:30-7:15am (G)	Open Gym 5:30-7:15am (G)	Open Gym 5:30-7:15am (G)	Open Gym 5:30-7:15am (G)	Open Gym 5:30-7:15am (G)	Open Gym 7-9:15am (G)	Open Gym 7-8am (G)
Pickleball Court Bookings 11:30am-12:45pm (G)	Pickleball Open Play 10:15am-12:15pm (G)	Pickleball Open Play 11:15am-1pm (G)	Pickleball Open Play 11:15am-12:15pm (G)	Pickleball Court Bookings 10:15am-12:15pm (G)		Badminton Court Bookings 8:15-10:45am (G)
	Floor Hockey 1:30-3:30pm (G)			Floor Hockey 1-3pm (G)		Pickleball Open Play 1-4pm (G)
Open Gym 5:30-9:45pm (G)	Open Gym 5:30-9:45pm (G)	Open Gym 5:30-9:45pm (G)	Open Gym 5:30-9:45pm (G)	Teen Night 6-9:45pm (G)	Open Gym 11am-8:45pm (G)	Open Gym 4:15-8:45pm (G)

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

**Note:** Bridge to Wellness & Learn to Dance are registered sessional programs. For outdoor classes, in inclement weather, backup location denoted after ‘/’ in class name.

**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](https://ymcanab.ca/register)

**Childminding (MPR 1)**  
Mon – Fri 8:45am-12:15pm  
Sat 8am-12:30pm  
Mon-Thu 4:30-7:15pm

**Kids’ Club (MPR 1)**  
Sat 8am-12:30pm

