

**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 2025-06-10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
Cycle 6:15-7am (S)	Bootcamp – Circuit 5:45-6:30am (S)	Cycle 6:15-7am (S)	Bootcamp – Circuit 5:45-6:30am (S)	Cycle 6:15-7am (S)		
Strength – LIFT 8–8:45am (S)	Yoga – Flow 6:45–7:45am (S)	Yoga – Flow 8–8:45am (S)	Bootcamp – Interval 9–10am (G)	Yoga – Flow 8-8:45am (S)	Strength – LIFT 8:15-9:15am (G)	
Cardio Dance – Zumba 9–10am (S)	Strength – TRX 8–8:45am (S)	Strength 9–9:45am (G)	Strength 9–9:45am (S)	Step 9–10am (G)	Barre 9-10am (S)	Yoga – Restorative 9–9:55 am (S)
Bootcamp 9–10am (G)	Cardio & Strength 9–10am (G)	Step – Beginner 9-9:45am (S)	Yoga – Flow 10-10:45am (S)	Cycle 9–9:30am (S)	Step – Advanced 9:30–10:45am (G)	Cardio Dance – Hi/Lo 10–11am (S)
Yoga – Flow 10:15–11am (S)	Cardio & Strength – HIIT 9-9:45am (S)		Cardio & Strength – Synrgy360 10-10:45am (FC)	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)	Baby & Me – Fitness 10:15-11am (G)	Cardio & Strength – Gentle Fit 10:15-11:15am (G)	Yoga – Flow 10:15–11:15am (S)	Cycle 11:15am–12:15pm (S)
	Strength – Gentle Fit 11am–12pm (S)	Barre 10–10:45am (S)		Yoga – Flow 10:15–11:15am (S)	Cardio Dance – Zumba 11:30am–12:30pm (S)	
	Cardio Dance – Zumba 12:15–1:15pm (S)	Tai Chi 11am-12pm (S)	Cardio Dance – Zumba 12–1pm (S)			
	Yoga – Flow 1:30–2:30pm (S)					
EVENING						
Cardio Dance – Zumba 6–7pm (S)	Strength – LIFT 6–7pm (S)	Cycle 6–7pm (S)	Strength 6–7pm (S)			
Cycle & Strength 7:15–8:15pm (S)	Core 7-7:30pm (FC)	Cardio Dance - Zumba 7:15–8:15pm (S)	Core 7-7:30pm (FC)			
	Yoga – Restorative 7:15-8pm (S)	Cardio & Strength – Synrgy360 7:15-8pm (FC)	Cardio Dance – Zumba 7:15–8:15pm (S)			

Recreational Sports

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:30-8:45am (G)	Open Gym 5:30-8:45am (G)	Open Gym 5:30-8:45am (G)	Open Gym 5:30-8:45am (G)	Open Gym 5:30-8:45am (G)	Open Gym 7-8am (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-1:15pm (G)	Pickleball Open Play 11:15am-12:45pm (G)	Pickleball Court Bookings 11:30am-12:45pm (G)		Badminton Court Bookings 8:15-11:15am (G)
	Floor Hockey 2:15-4:15pm (G)			Open Gym 1-2:45pm (G)		Pickleball Open Play 1-4pm (G)
Open Gym 1-9:45pm (G)	Open Gym 4:30-9:45pm (G)	Open Gym 2:45-9:45pm (G)	Open Gym 2:45-9:45pm (G)	Floor Hockey 3-5pm (G)	Open Gym 11-8:45pm (G)	Open Gym 4:15-8:45pm (G)

IMPORTANT FACILITY CLOSURE INFORMATION  
JUNE 16-29<sup>TH</sup>

The Aquatics Centre will be **CLOSED** for annual maintenance and cleaning from **June 16–29<sup>th</sup>, 2025**.

The Men’s Plus wet area private bathroom stall will be **out of order on June 19<sup>th</sup> and 20<sup>th</sup>**; the rest of the wet area will remain open.

The Women’s Plus locker room will be **CLOSED** on **June 16<sup>th</sup> from 8am-6pm** for air handling unit replacement, **June 19<sup>th</sup> and 20<sup>th</sup>** for partition replacement and again from **5:30am-12pm on June 25<sup>th</sup>** for carpet tile replacement.

The Women’s General wet area will be **CLOSED** on **June 19<sup>th</sup>** for two partition replacements, and again on **June 26<sup>th</sup> and 27<sup>th</sup>** for tile and grout work.

The Universal Change Room wet area will be **CLOSED** from **June 19<sup>th</sup>-20<sup>th</sup>** to replace the private shower stall partition, and again from **June 23-29<sup>th</sup>** for tile and grout work.

Strong Kids, Strong Communities Pickleball Tournament

Join the YMCA for a day of fun, friendly competition and community! Get ready to rally for the Strong Kids, Strong Communities Campaign at our Pickleball Fundraising Tournament.

Whether you’re a seasoned player or just learning the game, this event is the perfect opportunity to have fun playing pickleball and support those who need it most. Help those in our community shine, one serve at a time!

*Participation is by donation; we suggest a \$40 minimum donation per person.*

Sunday, June 22, 2025  
1-6:30pm

Jamie Platz Family YMCA | Gym & MPR

**Legend:** (FC) Fitness Centre | (G) Gymnasium | (MPR 1) Multi-Purpose Room 1 | (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](https://ymcanab.ca/register)

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

**Kids’ Club (MPR 1)**  
Fri 5-8pm | Sat 8am-12:30pm

