

HOURS OF OPERATION
M– F: **5:30am–10pm** | Weekends: **7am–9pm**
Statutory Holidays (open on rotation): Canada Day, July 1, closed | Heritage Day, Aug 4, open 8am–4pm

ymcanab.ca/groupfitness
Last updated 2025-06-03

| 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 7:45-8:40am (MPR) <i>*June 18 outdoors</i> | Aquafit – Shallow/Deep 8-8:45am (MP) | | | |
| | Core 8:15-8:45am (G) | | | 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 (Outdoors) | 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) <i>*June 19 outdoors</i> | Yoga 10:05- 11am (MPR) | Yoga 10:05- 11am (MPR) | |
| | | Yoga-Sculpt 12:00–12:55pm (S2) | | Yoga- Chair 11:10-12:05pm (MPR) | Yoga- Restorative 11:10-12:05pm (MPR) | Yoga 11:10-12:05pm (MPR) |
| Aquafit – Shallow/Deep 12:15-1:00pm (MP) | Aquafit – Shallow/Deep 12:15-1:00pm (MP) | | Aquafit – Shallow/Deep 12:15-1:00pm (MP) | Stretch & Mobility 12:15-1pm (S2) | | |
| EVENING | | | | | | |
| Bootcamp 6–6:55pm (G) <i>*June 15 outdoors</i> | Yoga- Flow 5-5:55pm (MPR) | | | | | |
| Barre 6-6:45pm (MPR) | Strength -LIFT 6-6:55pm (G) | Barre 6-6:45pm (MPR) | | HIIT 6pm-6:45pm (S2) | | |
| Cardio Dance – Zumba 7:05–8:00pm (G) | Cardio Dance -Zumba 7:05–8:00pm (S) | Cardio Dance – Zumba 7:05–8:00pm (G) | Synrgy 7-7:45pm (FC) | Cardio Dance – Zumba 7:05–8:00pm (MPR) | | |
| Yoga- Flow 7-7:55pm (MPR) | Tai Chi 7-7:55pm (MPR) | Yoga- Flow 7-7::55pm (MPR) | Stretch & Mobility 8:10-8:55pm (S2) | | | |
| 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) |
| | | | 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- Saturday, 9am-12pm
Monday- Thursday, 4:30-8pm
Kids Club
Sat 9am-12pm

Teen Night
Friday 7-9:45pm

