

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
	Aquafit – Shallow/Deep 8-8:45am (MP)	Yoga – Flow 7:45-8:40am (Outdoors)	Aquafit – Shallow/Deep 8-8:45am (MP)			
	Core 8:15-8:45am (FC)			Core 8:15-8:45am (S2)		Core 8:15-8:45am (MPR)
Strength 9-9:55am (G)	Strength-Gentle fit 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)	Stretch & Mobility 9–9:45am (MPR)	Synrgy 9-9:45am (FC)	Yoga- Restorative 9-9:55am (MPR)		
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)		
Yoga 9-9:55am (MPR)		Running Group 10-11am (outdoors)	Yoga 10:05- 11am (MPR)	Cycle 9–9:55am (FC)		
LATE MORNING (10am) & AFTERNOON						
Essentrics 10:05- 11am (MPR)	Synrgy 10:05-10:50am (FC)	Cardio Dance – Zumba 10:05-11am (G)	Bootcamp 11:10-12:05 (Outdoors)	Strength-Gentle fit 10:05-11am (G)	Cardio Dance – Zumba 10:05-11am (G)	Cardio Dance – Zumba 10:05-11am (MPR)
Cardio Dance – Zumba 10:05-11am (G)	Bridge to Wellness 10:05-11am (MPR)	Core 11:15-12pm (FC)	Aquafit – Shallow/Deep 12:05-12:50pm (MP)	Yoga 10:05- 11am (MPR)	Yoga 10:05- 11am (MPR)	Yoga 11:10-12:05pm (MPR)
Aquafit – Shallow/Deep 12:05-12:50pm (MP)	Aquafit – Shallow/Deep 12:05-12:50pm (MP)		Wallking Group 1:00-2:00pm (outdoors)		Yoga- Restorative 11:10-12:05pm (MPR)	
EVENING						
Bootcamp 6–6:55pm (Outdoors)	Strength 6-6:55pm (G)	Barre 6-6:45pm (MPR)		Synrgy 6-6:45pm (FC)		
Cardio Dance – Zumba 7:05–8:00pm (G)	Cardio Dance -Zumba 7:05–8:00pm (S)	Yoga- Flow 7-7::55pm (MPR)	Synrgy 7-7:45pm (FC)			
Yoga- Flow 7-7:55pm (MPR)		Aquafit – Zumba 8:10-8:55pm (MP)	Stretch & Mobility 8:00-8:45pm (S2)			
Aquafit – Shallow 8:10-8:55pm (MP)						

### Recreational Sports

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Pickleball 5:45-7:45pm (G)	Floor Hockey 8pm-9:45pm (G)		Pickleball 11:10am-1:10pm (G)	Pickleball/Badminton Court Bookings 7:05-10am (G)
					Volleyball 7pm-8:45pm (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](https://ymcanab.ca/register)

**Childminding**  
Monday- Saturday, 9am-12pm  
Monday- Thursday, 4:30-8pm

**Kids Club**  
Sat 9am-12pm

**Teen Night**  
Friday 7-9:45pm

