

HOURS OF OPERATION
M– F: **6am–10pm** | Weekends: **7am–8pm**
Statutory Holidays (open on rotation): Labour Day, September 1, Closed

ymcanab.ca/groupfitness
Last updated 2025-08-12

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

Shut Down Schedule (Rec Sports will return September 8)

Facility:	Closed Starting:	Re-Opening:	Work To Be Performed:
Gymnasium	Aug 23	Sept 7	Hardwood Floor Refinish
Main & Teach Pool	Aug 25	Sept 8	Annual Maintenance & Cleaning, Tile & Grout Repairs, Painting
Men’s Plus WET AREA ONLY	Sep 2	Sep 8	Grout repairs
Women’s General	Aug 28	Aug 29	Replace benches

Respiratory Notice (August 23–September 5, 2025)

We are refinishing the gym floor, and a mild odor may be present for a few days. The product used has low-impact odours, and the area will be well-ventilated. Respiratory protection is not needed, but excessive inhalation may cause dizziness or headache. If affected, step outside for fresh air.

Scent-sensitive members are encouraged to visit other YMCA locations during this time.

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

