

**HOURS OF OPERATION**  
M–F: **5:30am–10pm** | Weekends: **7am–9pm**  
Statutory Holidays (open on rotation): September 1 Labour Day 8am-4pm

[ymcanab.ca/groupfitness](https://ymcanab.ca/groupfitness)  
Last updated 2025-08-13

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 – Deep 5:45–6:30am (TP)		
			Bootcamp – Circuit 6-6:45am (S)			
Aquafit – Deep 7–7:45am (TP)	Yoga – Flow 6:45–7:45am (S)	Aquafit – Deep 7–7:45am (TP)		Aquafit – Deep 7–7:45am (TP)		
Aquafit – Deep 8–8:45am (TP)	Aquafit – Shallow 8–8:45am (TP)	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)		Yoga – Flow 8–8:45am (S)		
Aquafit – Deep 9–9:45am (TP)	Aquafit – Shallow 9–9:45am (TP)	Aquafit – Deep 9–9:45am (TP)	Aquafit – Shallow 9–9:45am (TP)	Aquafit – Shallow 9–9:45am (TP)	Barre 9-10am (S)	Yoga – Restorative 9–9:55 am (S)
Cardio Dance – Zumba 9–10am (S)		Step – Beginner 9-9:45am (S)	Strength 9–9:45am (S)	Cycle 9–9:30am (S)		
				Bootcamp 9:30–10am (S)		
Yoga – Flow 10:15–11am (S)	Yoga – Restorative 10-10:45am (S)	Barre 10–10:45am (S)	Yoga – Flow 10-10:45am (S)	Aquafit – Shallow 10–10:45am (TP)		
LATE MORNING & AFTERNOON						
			Cardio & Strength – Synrgy360 10-10:45am (FC)	Yoga – Flow 10:15–11:15am (S)	Yoga – Flow 10:15–11:15am (S)	Cardio Dance – Zumba 10–11am (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)
	Cardio Dance – Zumba 12:15–1:15pm (S)					
	Yoga – Flow 1:30–2:30pm (S)					
EVENING						
Cardio Dance 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 – Flow 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

Gymnasium closed for annual floor refinishing August 25<sup>th</sup> to September 7<sup>th</sup>, 2025. Some odours will be present during the first few days of floor refinishing.

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

**Note:** Registered group fitness classes do not run during intersession.

**Registration:** Pre-registration is required for group fitness classes, 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 9am-12:30pm  
Mon-Thu 4:30-7:15pm

**Kids’ Club (MPR 1)**  
Sat 9am-12:30pm

