

Adult Group Fitness and Recreation

Jamie Platz Family YMCA | August 25 - September 7

HOURS OF OPERATION

MONDAY

M-F: **5:30am-10pm** | Weekends: **7am-9pm**

Statutory Holidays (open on rotation): September 1 Labour Day 8am-4pm

ymcanab.ca/groupfitness

Last updated 2025-08-13

Aquafit - Stand Section Sectio	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Si-45-6:30am				MORNING			
Carlio Dance - Carl	Aquafit – Deep	Aquafit - Shallow	Aquafit – Deep		Aquafit – Deep		
Aquafit - Deep							
Aquafit - Deep	(TP)	(TP)	(TP)	Danie de la constantina	(TP)		
Aquafit - Deep							
Aquafit - Deep							
TP S Aquafit - Shallow 8-8-45am Rquafit - Deep Rquaf	Aquafit - Deep	Yoga – Flow					
Aquafit - Deep 8-8i-45am 8-8i-45am 8-8i-45am (TP) (TP							
3-8-4-5am 8-8-4-5am 7 7 7 7 7 7 7 7 7		` '	` '		, ,		
(IP)							
Strength - LIFT							
S-8:45am (S) S-8:45am (P) S-9:45am (P) S-9:		(11)	, ,	(11)		(11)	(11)
Aquafit - Deep 9-9-4/sam (TP) 9-9-4/sam (S)							
Aquafit - Stanlow 9-9:45am 9-9:45am (TP)			(S)				
9-9:45am (TP)	Aguafit - Deen	Aguafit - Shallow	Aguafit - Deen	Aguafit - Shallow	Aguafit - Shallow	Rarre	Yoga –
Cardio Dance - Card				-			Restorative
Cardio Dance - Zumba Step - Beginner 9-9:45sm 9-9:45sm (S) Society Socie							9–9:55 am
Sumba	. ,	, ,	. ,	. ,	. ,	, ,	(5)
9-10am (S)							
Yoga - Flow 10:15-113m (S)							
Yoga - Flow 10-10:45am (5) (5) (5) (5) (5) (5) (5) (5) (5) (5) (5) (5) (7) (5) (5) (7) (5) (7) (7) (5) (7) (3 Touri (3)		(0)	(5)			
Yoga - Flow 10:15-11am (S) Yoga - Restorative 10-10:45am (S) 10-10:45am (S) (S) (TP)							
Voga - Flow 10:15-11am (15-11am (15-							
10:15-11am	Yoga – Flow	Yoga - Restorative	Barre	Yoga – Flow			
Cardio Dance - Zumba 12:15-17:15pm (S) (10-10:45am				
Cardio & Strength - Synry360 10:15-11:15am 10:15-11:15am	(S)	(S)	(S)	(S)	(TP)		
Strength - Gentle Fit 11am-12pm (S) Cardio Dance - Zumba 12:15-11:15pm (S) Cardio Dance - Zumba 12:30pm (S)			LATE MO	RNING & AFTERNOON			
Strength - Gentle Fit 11am-12pm Cardio Dance - Zumba 11:130am 11:130am 12:15pm (S) (S)						_	Cardio Dance -
Strength - Gentle Fit 11am-12pm (S)							Zumba
Strength - Gentie Fit 11am-12pm (S)				` '	(S)		10-11am (S)
11am-12pm (S)		Strength - Gentle Fit					
Cardio Dance - Zumba 12:15pm (S) (S)							
Cardio Dance - Zumba 12:15-1:15pm (S)							
Zumba 12:15-1:15pm (S)		Cardio Dance -		(3)		12.30pm (3)	(3)
Cardio Dance							
Yoga - Flow 1:30-2:30pm							
1:30-2:30pm (S)							
Cardio Dance 6-7pm (S)							
Cardio Dance 6-7pm 6-7pm (S) Cardio Dance (S) Cardio Dance (S) (S) (S)							
Cardio Dance 6-7pm (S) Strength - LIFT 6-7pm (S) Cycle 6-7pm (S) Strength 6-7pm (S) Strength 6-7pm (S) Image: Control of the control of th		(5)		EVENING			
6-7pm (S) 6-7pm (S) 6-7pm (S) 6-7pm (S)	Cardio Dance	Strength - LIFT	Cycle				
Aquafit - Shallow T-7:45pm (TP) T-7:45pm (S) Cardio Dance - Zumba T:15-8:15pm (S) Cardio Dance - Zumba T:15-8:15pm (S) Cardio & Strength - Synrgy360 T:15-8pm (S) T:15-8pm (S) T:15-8pm (FC) T:15-8:15pm (S) T:15-8:15pm (S) T:15-8:30pm (TP) T:15-8:30pm		_					
T-7:45pm							
T-7:45pm	Aguafit – Shallow		Cardio Dance -				
Tristration							
7:15-8pm (S)							
7:15-8pm (S)	Bootcamp	Yoga – Flow	Cardio & Strength -	Cardio Dance -			
(S) (S) 7:15-8pm (FC) 7:15-8:15pm (S) Aquafit - Shallow 7:45-8:30pm (TP) Aquafit - Shallow 8-8:45pm							
7:45-8:30pm (TP) 7:45-8:30pm (TP) Zumba 7:45-8:30pm (TP) Aquafit - Shallow 8-8:45pm		(S)	7:15-8pm (FC)	7:15-8:15pm (S)			
7:45-8:30pm (TP) 7:45-8:30pm (TP)		Aquafit - Shallow	Aquafit - Shallow	Aquafit - Aqua			
Aquafit - Shallow 8-8:45pm		7:45-8:30pm	7:45-8:30pm	Zumba			
8-8:45pm			(TP)	7:45-8:30pm (TP)			
	8-8:45pm						
(TP)	(TP)						
Recreational Sports			Recre	ational Sports			
Recirculational Oports			- Reci e	acional opoits			

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

THURSDAY

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

WEDNESDAY

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

TUESDAY

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**

Childminding (MPR 1)

FRIDAY

SATURDAY

Mon – Fri 8:45am-12:15pm Sat 9am-12:30pm Mon-Thu 4:30-7:15pm

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



SUNDAY