

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
	Strength-Gentle fit 8-8:45am (MPR)		Strength-Gentle fit 8-8:45am (MPR)			
	Core 8:15-8:45am (FC)		HIIT 9-9:55am (S2) **week 1 only	Core 8:15-8:45am (S2)		
Synrgy 9-9:45am (FC)	Cycle-Gentle fit 9–9:45am (FC)	Synrgy 9-9:45am (FC)	Synrgy 9-9:45am (FC)	Cardio & Strength 9–9:55am (MPR)	Synrgy 9-9:45am (FC)	Synrgy 9-9:45am (FC)
Yoga 9–9:55am (S2)	Yoga- Chair 9-9:55am (MPR)	Stretch & Mobility 9–9:45am (S2)	Yoga- Chair 9-9:55am (MPR)	Strength-Gentle fit 9–9:45am (S2)		
Strength-Gentle fit 9–9:45am (MPR)	Strength-Gentle fit 10:05-11am (MPR)	Strength-Gentle fit 9–9:45am (MPR)	Yoga 10:05- 11am (MPR)	Cycle 9–9:55am (FC)		
LATE MORNING (10am) & AFTERNOON						
Essentrics 10:05- 11am (S2)	Synrgy 10:05-10:50am (FC)	Cardio Dance – Zumba 10:05-11am (MPR)		Strength-Gentle fit 10:05-11am (S2)	Cardio Dance – Zumba 10:05-11am (MPR)	Cardio Dance – Zumba 10:05-11am (MPR)
Cardio Dance – Zumba 10:05-11am (MPR)		Core 11:15-12pm (FC)	Strength-Gentle fit 12:15-1pm (week 1 MPR, week 2 S2)	Yoga 10:05- 11am (MPR)	Yoga 10:05- 11am (S2)	Yoga 11:10-12:05pm (MPR)
Strength-Gentle fit 12:15-1pm (MPR)	Strength-Gentle fit 12:15-1pm (week 1 MPR, week 2 S2)				Yoga- Restorative 11:10-12:05pm (MPR)	
EVENING						
Synrgy 6–6:55pm (FC)	Synrgy 6-6:45pm (FC)	Barre 6-6:45pm (MPR)		HIIT 6-6:45pm (S2)		
Cardio Dance – Zumba 7:05–8:00pm (MPR)	Cardio Dance -Zumba 7:05–8:00pm (MPR)	Yoga- Flow 7-7:55pm (MPR)	Synrgy 7-7:45pm (FC)			
Yoga- Flow 7-7:55pm (S2)			Stretch & Mobility 8:00-8:55pm (MPR)			

Shut Down Schedule

ACTIVITY	PLAN START	PLAN DURATION	PLANNED REOPENING	AREA CLOSED
Gym Refinishing	23-Aug	14	Saturday, September 6, 2025	GYM
Teach Pool Grouting	24-Aug	15	Tuesday, September 9, 2025	Teach Pool
Pool Deck grouting	24-Aug	9	Wednesday, September 3, 2025	Pool Area will be closed until Sept 7, 2025
Men's General Wet Area Tiles works	25-Aug	7	Tuesday, September 2, 2025	Men's General Wet Area
Women's Plus Wet Area Tiles works	25-Aug	7	Tuesday, September 2, 2025	Women's Plus Wet Area
Men's Plus Dry Area Tiles works	25-Aug	7	Tuesday, September 2, 2025	Men's Plus Dry Area Toilet
Men's Plus Wet Area Grouting and Tiles works	2-Sep	6	Monday, September 8, 2025	Men's Plus Wet Area
Women's General Wet Area Tiles works	2-Sep	6	Monday, September 8, 2025	Women's General Wet Area
Women's General Dry Area Vanity Replacement	2-Sep	3	Friday, September 5, 2025	Women's General Wet & Dry Area

NOTE: Recreational Sports cancelled due to Gym refinishing

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

Teen Night
Friday 7-9:45pm