

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

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

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