

**HOURS OF OPERATION**  
M–F: **5:30am–10pm** | Weekends: **7am–9pm**  
Statutory Holidays (open on rotation): Truth & Reconciliation Day, September 30: Closed | Thanksgiving Day, October 13: Open 8am–4pm | Remembrance Day, November 11: Closed

[ymcanab.ca/groupfitness](https://ymcanab.ca/groupfitness)  
Last updated 2025-09-10

| MONDAY                                                         | TUESDAY                                               | WEDNESDAY                                                   | THURSDAY                                                    | FRIDAY                                                         | SATURDAY                                                 | SUNDAY                                             |
|----------------------------------------------------------------|-------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------|
| MORNING                                                        |                                                       |                                                             |                                                             |                                                                |                                                          |                                                    |
| <b>Aquafit – Deep</b><br>5:45–6:30am<br>(TP)                   | <b>Aquafit – Shallow</b><br>5:45–6:30am<br>(TP)       | <b>Aquafit – Deep</b><br>5:45–6:30am<br>(TP)                | <b>Aquafit – Shallow</b><br>5:45–6:30am<br>(TP)             | <b>Aquafit – Deep</b><br>5:45–6:30am<br>(TP)                   |                                                          |                                                    |
| <b>Cycle</b><br>6:15–7am<br>(S)                                | <b>Bootcamp</b><br>5:45–6:30am<br>(S)                 | <b>Cycle</b><br>6:15–7am<br>(S)                             | <b>Bootcamp – Circuit</b><br>5:45–6:30am<br>(S)             | <b>Cycle</b><br>6:15–7am<br>(S)                                |                                                          |                                                    |
| <b>Aquafit – Deep</b><br>7–7:45am<br>(TP)                      | <b>Yoga – Flow</b><br>6:45–7:45am<br>(S)              | <b>Aquafit – Deep</b><br>7–7:45am<br>(TP)                   |                                                             | <b>Aquafit – Deep</b><br>7–7:45am<br>(TP)                      |                                                          |                                                    |
| <b>Aquafit – Deep</b><br>8–8:45am<br>(TP)                      | <b>Aquafit – Shallow</b><br>8–8:45am<br>(TP)          | <b>Aquafit – Deep</b><br>8–8:45am<br>(TP)                   | <b>Aquafit – Shallow</b><br>8–8:45am<br>(TP)                | <b>Aquafit – Deep</b><br>8–8:45am<br>(TP)                      | <b>Aquafit – Deep</b><br>8–8:45am<br>(TP)                | <b>Aquafit – Deep</b><br>8–8:45am<br>(TP)          |
| <b>Strength – LIFT</b><br>8–8:45am<br>(S)                      |                                                       | <b>Yoga – Flow</b><br>8–8:45am<br>(S)                       | <b>Aquafit – Shallow</b><br>9–9:45am<br>(TP)                | <b>Yoga – Flow</b><br>8–8:45am<br>(S)                          | <b>Strength – LIFT</b><br>8:15–9:15am<br>(G)             |                                                    |
| <b>Aquafit – Deep</b><br>9–9:45am<br>(TP)                      | <b>Aquafit – Shallow</b><br>9–9:45am<br>(TP)          | <b>Aquafit – Deep</b><br>9–9:45am<br>(TP)                   | <b>Bootcamp – Interval</b><br>9–10am<br>(G)                 | <b>Aquafit – Shallow</b><br>9–9:45am<br>(TP)                   | <b>Barre</b><br>9–10am<br>(S)                            | <b>Yoga – Restorative</b><br>9–9:55 am<br>(S)      |
| <b>Cardio Dance – Zumba</b><br>9–10am (S)                      | <b>Cardio &amp; Strength</b><br>9–10am<br>(G)         | <b>Strength</b><br>9–9:45am<br>(G)                          | <b>Strength</b><br>9–9:45am<br>(S)                          | <b>Step</b><br>9–10am<br>(G)                                   | <b>Step – Advanced</b><br>9:30–10:45am<br>(G)            |                                                    |
| <b>Bootcamp</b><br>9–10am<br>(G)                               | <b>Barre</b><br>9–9:45am (S)                          | <b>Step – Beginner</b><br>9–9:45am<br>(S)                   | <b>Aquafit – Shallow</b><br>10–10:45am<br>(TP)              | <b>Cycle</b><br>9–9:30am<br>(S)                                |                                                          |                                                    |
| <b>Cardio &amp; Strength – Synrgy360</b><br>10–10:45am (FC)    | <b>Yoga – Flow</b><br>10–10:45am<br>(S)               | <b>Cardio &amp; Strength – Gentle Fit</b><br>10–11am<br>(G) | <b>Yoga – Restorative</b><br>10–10:45am<br>(S)              | <b>Bootcamp</b><br>9:30–10am<br>(S)                            |                                                          |                                                    |
| LATE MORNING & AFTERNOON                                       |                                                       |                                                             |                                                             |                                                                |                                                          |                                                    |
| <b>Yoga – Flow</b><br>10:15–11am<br>(S)                        | <b>Strength – Gentle Fit</b><br>11am–12pm<br>(S)      | <b>Barre</b><br>10–10:45am<br>(S)                           | <b>Cardio &amp; Strength – Synrgy360</b><br>10–10:45am (FC) | <b>Aquafit – Shallow</b><br>10–10:45am<br>(TP)                 | <b>Yoga – Flow</b><br>10:15–11:15am<br>(S)               | <b>Cardio Dance – Zumba</b><br>10–11am (S)         |
| <b>Cardio &amp; Strength – Gentle Fit</b><br>10:15–11:15am (G) | <b>Cardio Dance – Zumba</b><br>12:15–1:15pm<br>(S)    |                                                             | <b>Baby &amp; Me – Fitness</b><br>10:15–11am<br>(G)         | <b>Yoga – Flow</b><br>10:15–11:15am<br>(S)                     |                                                          |                                                    |
| <b>Walking Group</b><br>11–11:45am<br>(L)                      | <b>Yoga – Flow</b><br>1:30–2:30pm<br>(S)              | <b>Tai Chi</b><br>11am–12pm<br>(S)                          | <b>Cardio Dance – Zumba</b><br>12–1pm<br>(S)                | <b>Cardio &amp; Strength – Gentle Fit</b><br>10:15–11:15am (G) | <b>Cardio Dance – Zumba</b><br>11:30am–12:30pm (S)       | <b>Cycle</b><br>11:15am–12:15pm<br>(S)             |
| <b>Bridge to Wellness Level II</b><br>1–2pm<br>(S)             | <b>Bridge to Wellness – Aqua</b><br>1–2pm<br>(TP)     | <b>Bridge to Wellness Level I</b><br>1–2pm (S)              | <b>Bridge to Wellness – Aqua</b><br>12–1pm<br>(TP)          | <b>Stretch &amp; Mobility</b><br>11:30am–12:15pm<br>(S)        | <b>Cardio Dance – Learn to Dance</b><br>12:45–2pm<br>(S) |                                                    |
|                                                                |                                                       |                                                             |                                                             | <b>Bridge to Wellness Level II</b><br>2–3pm (S)                |                                                          |                                                    |
| EVENING                                                        |                                                       |                                                             |                                                             |                                                                |                                                          |                                                    |
| <b>Cardio Dance</b><br>6–7pm<br>(S)                            | <b>Strength – LIFT</b><br>6–7pm<br>(S)                | <b>Cycle</b><br>6–7pm<br>(S)                                | <b>Strength</b><br>6–7pm<br>(S)                             |                                                                |                                                          |                                                    |
| <b>Aquafit – Shallow</b><br>7–7:45pm<br>(TP)                   |                                                       | <b>Cardio Dance – Zumba</b><br>7:15–8:15pm (S)              |                                                             |                                                                |                                                          |                                                    |
| <b>Cycle &amp; Strength</b><br>7:15–8:15pm<br>(S)              | <b>Yoga – Flow</b><br>7:15–8pm<br>(S)                 | <b>Cardio &amp; Strength – Synrgy360</b><br>7:15–8pm (FC)   | <b>Cardio Dance – Zumba</b><br>7:15–8:15pm (S)              |                                                                |                                                          |                                                    |
| <b>Aquafit – Aqua Zumba</b><br>8–8:45pm<br>(TP)                | <b>Aquafit – Shallow</b><br>7:45–8:30pm<br>(TP)       | <b>Aquafit – Shallow</b><br>7:45–8:30pm<br>(TP)             | <b>Aquafit – Aqua Zumba</b><br>7:45–8:30pm (TP)             |                                                                |                                                          |                                                    |
| Recreational Sports                                            |                                                       |                                                             |                                                             |                                                                |                                                          |                                                    |
| MONDAY                                                         | TUESDAY                                               | WEDNESDAY                                                   | THURSDAY                                                    | FRIDAY                                                         | SATURDAY                                                 | SUNDAY                                             |
|                                                                |                                                       |                                                             |                                                             |                                                                |                                                          |                                                    |
| <b>Open Gym</b><br>5:30–8:45am (G)                             | <b>Open Gym</b><br>5:30–8:45am (G)                    | <b>Open Gym</b><br>5:30–8:45am (G))                         | <b>Open Gym</b><br>5:30–8:45am (G)                          | <b>Open Gym</b><br>5:30–8:45am (G)                             | <b>Open Gym</b><br>7–8am (G)                             | <b>Open Gym</b><br>7–8am (G)                       |
| <b>Pickleball Court Bookings</b><br>11:30am–12:45pm (G)        | <b>Pickleball Open Play</b><br>10:15am–12:15pm<br>(G) | <b>Pickleball Open Play</b><br>11:15am–1:15pm<br>(G)        | <b>Pickleball Open Play</b><br>11:15am–12:45pm<br>(G)       | <b>Pickleball Court Bookings</b><br>11:30am–12:45pm (G)        |                                                          | <b>Badminton Court Bookings</b><br>8:15–9:45am (G) |
| <b>Open Gym</b><br>1–4:15pm (G)                                | <b>Floor Hockey</b><br>2:15–4:15pm (G)                | <b>Open Gym</b><br>2:45–4:15pm (G)                          | <b>Learn to Play Pickleball</b><br>1–2:30pm (G)             | <b>Floor Hockey</b><br>3–5pm (G)                               |                                                          | <b>Pickleball Open Play</b><br>1–4pm (G)           |
| <b>Open Gym</b><br>7:30–9:45pm (G)                             | <b>Open Gym</b><br>8:30–9:45pm (G)                    | <b>Open Gym</b><br>7:30–9:45pm (G)                          | <b>Open Gym</b><br>8:30–9:45pm (G)                          | <b>Teen Night</b><br>6–9:45pm (G)                              | <b>Open Gym</b><br>2–8:45pm (G)                          | <b>Open Gym</b><br>4:15–8:45pm (G)                 |

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

**Note:** Bridge to Wellness & Learn to Dance are registered sessional programs.

**Registration:** Pre-registration is required for group fitness, 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 8am–12:30pm  
Mon–Thu 4:30–7:15pm

**Kids’ Club**  
Sat 8am–12:30pm (MPR 1)  
Fri 5–8pm (FZ)

