

HOURS OF OPERATION
M– F: **5:30am–10pm** | Weekends: **7am–9pm**
Holidays: Truth & Reconciliation, Sept 30, open 8-4pm, Thanksgiving Oct 30, closed, Remembrance Day, Nov 11, open 8-4pm

ymcanab.ca/groupfitness
Last updated 2025-9-05

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
	Bootcamp 6:00-6:45am (G)	Cycle 6:00-6:45am (FC)				
Yoga – Flow 7:45-8:40am (MPR)	Aquafit – Shallow/Deep 8-8:45am (MP)	Yoga – Flow 7:45-8:40am (MPR)	Aquafit – Shallow/Deep 8-8:45am (MP)			
	Strength 8-8:45am (G)	Core 8:15-8:45am (G)	Strength 8-8:45am (G)	Core 8:15-8:45am (G)		
Strength 9-9:55am (G)	Step & Strength 9-9:55am (G)	Cardio & Strength 9-9:55am (G)	Cardio & Strength 9-9:55am (G)	Strength 9-9:55am (G)	Bootcamp 9-9:55am (G)	Synrgy 9-9:45am (FC)
Cardio & Strength 9–9:55am (MPR)	Yoga- Chair 9-9:55am (MPR)	Stretch & Mobility 9–9:45am (MPR)	Synrgy 9-9:55am (FC)	Aquafit – Shallow/Deep 9–9:45am (MP)		
Aquafit – Shallow/Deep 9–9:45am (MP)	Cycle-Gentle fit 9–9:45am (FC)	Aquafit – Shallow/Deep 9–9:45am (MP)	Yoga- Chair 9-9:55am (MPR)	Cycle 9–9:55am (FC)		
Cycle 9–9:55am (FC)	Aquafit – Shallow 9-9:45am (MP)	Barre 10:15- 11am (MPR)	Aquafit – Shallow 9-9:45am (MP)	Aquafit – Warm Water 10–10:45am (TP)		
LATE MORNING (10am) & AFTERNOON						
Essentrics 10:05- 11am (MPR)	Yoga 10:05- 11am (MPR)	Cardio Dance – Zumba 10:05-11am (G)	Yoga 10:05- 11am (MPR)	Cardio Dance – Zumba 10:05-11am (G)		
Cardio Dance – Zumba 10:05-11am (G)	Strength-Gentle fit 10:05-11:00am (G)	Essentrics 11:10-12:05pm (MPR)	Strength-Gentle fit 10:05-11:00am (G)	Yoga 10:05- 11am (MPR)	Cardio Dance – Zumba 10:05-11am (G)	Cardio Dance – Zumba 10:05-11am (MPR)
Yoga 11:10-12:05pm (MPR)	Synrgy 10:05-10:50am (FC)	Core 11:15-11:45pm (S2)	TRX 11:10-11:55 (G)	Yoga- Chair 11:10-12:05pm (MPR)	Yoga 10:05- 11am (MPR)	
	Bridge to Wellness <i>11:10-12:05pm (MPR)</i>	Yoga 12:05–1pm (S2)	Bridge to Wellness <i>11:10-12:05pm (MPR)</i>		Yoga- Restorative 11:10-12:05pm (MPR)	Yoga 11:10-12:05pm (MPR)
Aquafit – Shallow/Deep 12:15-1:00pm (MP)	Aquafit – Shallow/Deep 12:15-1:00pm (MP)		Aquafit – Shallow/Deep 12:15-1:00pm (MP)			
EVENING						
HIIT 4:30-5:00pm (MPR)	Yoga- Flow 5-5:55pm (MPR)	Cardio KickBoxing 4:30pm (MPR)	Strength 5-5:45pm (MPR)			
Bootcamp 6–6:55pm (G)	Cycle 6-6:45pm (FC)		Cycle 6-6:45pm (FC)	Synrgy 6-6:45pm (FC)		
Barre 6-6:45pm (MPR)	Strength -LIFT 6-6:55pm (G)	Barre 6-6:45pm (MPR)		Strength Series <i>6pm-7pm (S2)</i>		
Cardio Dance – Zumba 7:05–8:00pm (G)	Cardio Dance -Zumba 7:05–8:00pm (S)		Synrgy 7-7:45pm (FC)	Cardio Dance – Zumba 7:05–8:00pm (MPR)		
Yoga- Flow 7-7:55pm (MPR)	Tai Chi 7-7:55pm (MPR)	Yoga- Flow 7-7:55pm (MPR)				
Aquafit – Shallow 8:10-8:55pm (MP)	Tai Chi Qi Gong 8:00-8:55pm (MPR)	Aquafit – Zumba 8:10-8:55pm (MP)	Stretch & Mobility 8:00-8:55pm (MPR)			

Recreational Sports

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pickleball 12pm-2pm (G)	Pickleball 12pm-2pm (G)	Pickleball 11:30-1pm (G)	Pickleball 12pm-2pm (G)	Pickleball 11:30-1pm (G)		Pickleball/Badminton Court Bookings 7:05-8am (G)
		Pickleball 1pm-2:30pm (G)		Pickleball 1pm-2:30pm (G)		Pickleball/Badminton Court Bookings 8:05-9am (G)
			Floor Hockey 8pm-9:45pm (G)			Pickleball/Badminton Court Bookings 9:05-10am (G)

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, 4:15-8pm

Teen Night
Friday 7-9:45pm

