

HOURS OF OPERATION
M– F: **6am–10pm** | Weekends: **7am–8pm**
Statutory Holidays (open on rotation): Labour day, Sept 1, Closed , National Truth and Reconciliation day, Sept 30, Open 8am-4pm, Thansgiving, Oct 13, Closed, Remembrance day, Nov 11, Open 8am-4pm

ymcanab.ca/groupfitness
Last updated 2025-11-03

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
				Yoga-Restorative 7-7:45am (S3)		
Strength 9:15-10:15am (G)	Aquafit – Deep 9-9:55am (MP)	Aquafit – Shallow 9-9:55am (MP)	Bootcamp 9:15-10:15am (G)	Cycle 8:30-9am (S1&2)	Cardio Dance – Zumba 8:45-9:45am (S3)	Cycle 8:30-9:30am (S1&2)
Aquafit – Shallow/Deep 10-10:55am (MP)	Cycle 9:15-9:45am (S1&2)	Core 9:15-10:15am (S1&2)	Aquafit – Deep 10-10:55am (MP)	Aquafit – Shallow 9-9:55am (MP)		Cardio & Strength - Synrgy360 9:30-10:15am (FC)
	Bootcamp 9:45-10:15am (S1&2)	Cardio & Strength – Gentle Fit 9:15- 10:15am(S3)	Stretch & Mobility 10:30-11:15am (S3)	Cardio & Strength 9:15-10:15am (G)		
LATE MORNING (11am) & AFTERNOON						
Cardio & Strength 10:30-11:30am (G)	Stretch & Mobility 10:30-11:15am (S3)	Cycle 10:30-11:15am (S1 & S2)	Tai Chi 10:30-11:30am (S1&2)	Cardio Dance 10:30-11:30am (S1&2)	HIIT 10-10:45am (S1&S2)	Cardio Dance – Zumba 10:45-11:45am (S3)
Yoga – Flow 10:30-11:30am (S3)	Tai Chi 10:30-11:30am (S1&2)	Yoga-Flow 10:30-11:30am (S3)	Aikido 11:30-1pm (S3)	Yoga – Flow 10:30-11:30am (S3)	Yoga – Restorative 11-12:15pm (S3)	
	Cardio & Strength – Gentle Fit 12-1pm (G)		Cardio & Strength – Gentle Fit 12-1pm (G)			
	Bridge to Wellness 1:15-2:15pm (S1&2)		Bridge to Wellness 1:15-2:15pm (S1&2)			Aquafit – Shallow/Deep 1-1:45pm (MP)
EVENING						
Cardio & Strength - Synrgy360 5-5:45pm (FC)	Core 5-5:30pm (S3)		Cardio & Strength - Synrgy360 5-6:45pm (FC)			
Strength 6-7pm (G)	Stretch and Mobility 5:30-6pm (S3)	Cardio Dance - Zumba 6-7pm (G)	Cardio & Strength - Synrgy360 6-6:45pm (FC)	Yoga – Flow 6:00-7:00pm (S3)		
	Aikido 6:15-7:45pm (S3)					
Cardio Dance - Zumba 7:15-8:15pm (G)	Cycle 6:15-7:15pm (S1&2))	Strength 7:15-8:15pm (G)	Cardio Dance - Zumba 7:15-8:15pm (S3)	Cardio Dance Woman Only - Zumba 7:15-8:15pm (S3)		
Yoga – Restorative 7:30-8:30pm (S3)	Cardio Dance - High-Low 7:30-8:30pm (S1&2)	Yoga – Restorative 7:30-8:30pm (S3)				

Recreational Sports (G)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 6–7am	Basketball 6–8am	Open Gym 6–7am	Open Gym 6–7:50am	Open Gym 6–7am	Badminton 7-8:50am	Open Gym 7am–10:15pm
Badminton 7:10-9am	Open Gym 8–9:45am	Badminton 7:10-10:45am	Pickleball 8:00-9am	Badminton 7:10-9am	Open Gym 9am–9:45am	
Pickleball 11:45-2:45pm	Pickleball 10-11:45am	Open Gym 11–12pm	Pickleball 10:30am-11:45am	Pickleball 10:30am-1:30pm		
Open Gym 3–4pm	Open Gym 1:15–2pm	Pickleball 12:15:-3:15pm		Open Gym 1:45–6:30pm		Pickleball 1:45-3:45pm
	Open Gym 5:15–5:45pm	Open Gym 3:30–4pm	Open Gym 1:15–3:50pm			
Basketball 4–5:45pm		Basketball 4–5:45pm		Basketball 5–6:45pm		
Open Gym 8:30–9:50pm	Adult Volleyball 8–9:45pm	Open Gym 8:30–9:50pm	Open Gym 8:30–9:50pm		Open Gym 3–7:50pm	Open Gym 4–7:50pm

Legend: (S1&2) Studio 1 and 2 (S3) Studio 3 (G) Gym (MP) Main 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, badminton, pickleball and Adult Volleyball. Registration opens Fridays at 7am for the following Monday-Sunday. Sign up at ymcanab.ca/register

Childminding (MPR3)
Monday–Friday, 9:00am- 12:00pm

Childminding (MPR3) & Kids Club (MPR3- except Friday- MPR 1)
Monday–Friday, 5pm- 8pm
Saturday, 9:30am–12:30pm

