

**HOURS OF OPERATION**  
M- F: **6am–10pm** | Weekends: **7am–8pm**  
Statutory Holidays (open on rotation): Christmas Eve|Open 6am-4pm,  
**Christmas Day | Closed, Boxing Day | Closed**

[ymcanab.ca/groupfitness](https://ymcanab.ca/groupfitness)  
Last updated 2025-12-03

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
	<b>Aquafit – Shallow/Deep</b> 9-9:55am (MP)	<b>Aquafit – Shallow/Deep</b> 9-9:55am (MP)				
<b>Aquafit – Shallow/Deep</b> 10-10:55am (MP)	<b>Cycle</b> 9:15-9:45am (S1&2)	<b>Core</b> 9:15-10:15am (S1&2)				
	<b>Bootcamp</b> 9:45-10:15am (S1&2)	<b>Cardio &amp; Strength – Gentle Fit</b> 9:15- 10:15am(S3)				
LATE MORNING (11am) & AFTERNOON						
<b>Cardio &amp; Strength</b> 10:30-11:30am (G)	<b>Stretch &amp; Mobility</b> 10:30-11:15am (S3)	<b>Cycle</b> 10:30-11:15am (S1 & S2)			<b>HIIT</b> 10-10:45am (S1&S2)	<b>Cardio Dance – Zumba</b> 10:45-11:45am (S3)
<b>Yoga – Flow</b> 10:30-11:30am (S3)	<b>Tai Chi</b> 10:30-11:30am (S1&2)	<b>Yoga-Flow</b> 10:30-11:30am (S3)			<b>Yoga – Restorative</b> 11-12:15pm (S3)	
	<b>Cardio &amp; Strength – Gentle Fit</b> 12-1pm (G)					
EVENING						
<b>Cardio Dance - Zumba</b> 7:15-8:15pm (G)	<b>Core</b> 5-5:30pm (S3)					
<b>Yoga – Restorative</b> 7:30-8:30pm (S3)	<b>Stretch and Mobility</b> 5:30-6pm (S3)					

### Recreational Sports (G)

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

**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](https://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

