

**HOURS OF OPERATION**  
M–F: **5:30am–10pm** | Weekends: **7am–9pm**  
Holiday Hours: December 24<sup>th</sup> & 31<sup>st</sup>: 5:30am-4pm | Closed December 25<sup>th</sup> and January 1<sup>st</sup> | Open 8am-4pm  
December 26<sup>th</sup>; no group fitness classes

[ymcanab.ca/groupfitness](https://ymcanab.ca/groupfitness)  
Last updated 2025-12-15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
<b>Aquafit – Deep</b> 5:45–6:30am (TP)	<b>Aquafit – Shallow</b> 5:45–6:30am (TP)	<b>Aquafit – Deep</b> 5:45–6:30am (TP)		<b>Aquafit – Deep</b> 5:45–6:30am (TP)		
<b>Cycle</b> 6:15-7am (S)						
<b>Aquafit – Deep</b> 7–7:45am (TP)	<b>Yoga – Flow</b> 6:45–7:45am (S)	<b>Aquafit – Deep</b> 7–7:45am (TP)		<b>Aquafit – Deep</b> 7–7:45am (TP)		
<b>Aquafit – Deep</b> 8–8:45am (TP)	<b>Aquafit – Shallow</b> 8–8:45am (TP)	<b>Aquafit – Deep</b> 8–8:45am (TP)		<b>Aquafit – Deep</b> 8–8:45am (TP)	<b>Aquafit – Deep</b> 8–8:45am (TP)	
<b>Strength – LIFT</b> 8–8:45am (S)		<b>Yoga – Flow</b> 8–8:45am (S)		<b>Yoga – Flow</b> 8–8:45am (S)	<b>Strength – LIFT</b> 8:15–9:15am (G)	
<b>Aquafit – Deep</b> 9–9:45am (TP)	<b>Aquafit – Shallow</b> 9–9:45am (TP)	<b>Aquafit – Deep</b> 9–9:45am (TP)		<b>Aquafit – Shallow</b> 9–9:45am (TP)	<b>Barre</b> 9–10am (S)	<b>Yoga – Restorative</b> 9–9:55 am (S)
<b>Cardio Dance – Zumba</b> 9–10am (S)	<b>Cardio &amp; Strength</b> 9–10am (G)	<b>Strength</b> 9–9:45am (G)		<b>Step</b> 9–10am (G)	<b>Step – Advanced</b> 9:30–10:45am (G)	
<b>Bootcamp</b> 9–10am (G)	<b>Cardio Dance – Zumba</b> 9-9:45am (S)	<b>Step – Beginner</b> 9-9:45am (S)		<b>Cycle/Bootcamp</b> 9–10am (S)		
<b>Cardio &amp; Strength – Synrgy360</b> 10-10:45am (FC)	<b>Yoga – Flow</b> 10-10:45am (S)			<b>Aquafit – Shallow</b> 10–10:45am (TP)		
LATE MORNING & AFTERNOON						
<b>Yoga – Flow</b> 10:15–11am (S)	<b>Strength – Gentle Fit</b> 11am–12pm (S) <i>*Dec. 23 only*</i>	<b>Barre</b> 10–10:45am (S)		<b>Yoga – Flow</b> 10:15–11:15am (S)	<b>Yoga – Flow</b> 10:15–11:15am (S)	<b>Cardio Dance – High Low</b> 10–11am (S)
<b>Cardio &amp; Strength – Gentle Fit</b> 10:15–11:15am (G)	<b>Cardio Dance – Zumba</b> 12:15–1:15pm (S)			<b>Cardio &amp; Strength – Gentle Fit</b> 10:15–11:15am (G)		
	<b>Yoga – Flow</b> 1:30-2:30pm (S)				<b>Cardio Dance – Zumba</b> 11:30am–12:30pm (S)	<b>Cycle</b> 11:15am–12:15pm (S)
<b>Cardio &amp; Strength – Gentle Fit</b> 1-2pm (S)		<b>Cardio &amp; Strength – Gentle Fit</b> 1-2pm (S)		<b>Yoga – Chair</b> 2-3pm (S)		
EVENING						
<b>Cardio Dance</b> 6–7pm (S)	<b>Strength – LIFT</b> 6–7pm (S)					
<b>Aquafit – Shallow</b> 7–7:45pm (TP)						
	<b>Yoga – Restorative</b> 7:15-8pm (S)					
<b>Aquafit – Aqua Zumba</b> 8-8:45pm (TP)	<b>Aquafit – Shallow</b> 7:45-8:30pm (TP)					
Recreational Sports						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Open Gym</b> 5:30-8:45am (G)	<b>Open Gym</b> 5:30-8:45am (G)	<b>Open Gym</b> 5:30-8:45am (G))		<b>Open Gym</b> 5:30-8:45am (G)	<b>Open Gym</b> 7-8am (G)	<b>Open Gym</b> 7-8am (G)
<b>Pickleball Court Bookings</b> 11:30am-12:45pm (G)	<b>Pickleball Open Play</b> 10:15am-12:15pm (G)	<b>Pickleball Open Play</b> 11:15am-1:15pm (G)		<b>Pickleball Court Bookings</b> 11:30am-12:45pm (G)		<b>Badminton Court Bookings</b> 8:15-10:45am (G)
	<b>Floor Hockey</b> 2:15-4:15pm (G)			<b>Floor Hockey</b> 3-5pm (G) <i>Dec 26 1:30-3:30pm</i>		<b>Pickleball Open Play</b> 1-4pm (G)
<b>Open Gym</b> 1-9:45pm (G)	<b>Open Gym</b> 4:30-9:45pm (G)	<b>Open Gym</b> 2:45-3:45pm (G)		<b>Teen Night</b> 6-9:45pm (G)	<b>Open Gym</b> 11am-8:45pm (G)	<b>Open Gym</b> 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

**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)

