

Adult Group Fitness and Recreation

Jamie Platz Family YMCA | December 22 – January 4

HOURS OF OPERATION

M-F: **5:30am-10pm** | Weekends: **7am-9pm** Holiday Hours: December 24th & 31st: 5:30am-4pm | Closed December 25th and January 1st | Open 8am-4pm

Last updated 2025-12-15

ymcanab.ca/groupfitness

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--------------------------------------|-------------------|---|------------------------------------|--|
| | | | MORNING | | | |
| Aquafit – Deep | Aquafit - Shallow | Aquafit - Deep | | Aquafit - Deep | | |
| 5:45-6:30am | 5:45-6:30am | 5:45-6:30am | | 5:45-6:30am | | |
| (TP) | (TP) | (TP) | | (TP) | | |
| Cycle | | | | | | |
| 6:15-7am | | | | | | |
| (S) | | | | | | |
| Aquafit - Deep | Yoga – Flow | Aquafit - Deep | | Aquafit - Deep | | |
| 7-7:45am | 6:45-7:45am | 7-7:45am | | 7–7:45am | | |
| (TP) | (S) | (TP) | | (TP) | | |
| Aquafit - Deep | Aquafit – Shallow | Aquafit – Deep | | Aquafit – Deep | Aquafit – Deep | |
| 8-8:45am | 8-8:45am | 8-8:45am | | 8-8:45am | 8-8:45am | |
| (TP) | (TP) | (TP) | | (TP) | (TP) | |
| Strength - LIFT | | Yoga – Flow | | Yoga – Flow | Strength - LIFT | |
| 8-8:45am | | 8-8:45am | | 8-8:45am | 8:15-9:15am | |
| (S) | | (S) | | (S) | (G) | |
| Aquafit – Deep | Aquafit - Shallow | Aquafit - Deep | | Aquafit - Shallow | Barre | Yoga – |
| 9-9:45am | 9-9:45am | 9-9:45am | | 9-9:45am | 9-10am | Restorative |
| 9-9.43am (TP) | (TP) | (TP) | | (TP) | (S) | 9-9:55 am |
| (17) | (17) | (17) | | (11) | (3) | (S) |
| Cardio Dance - | Cardio & Strength | Strength | | Step | Step - Advanced | |
| Zumba | 9–10am | 9-9:45am | | 9–10am | 9:30-10:45am | |
| 9-10am (S) | (G) | (G) | | (G) | (G) | |
| | Cardio Dance - | G. D. | | 6 1 /5 . | | |
| Bootcamp | Zumba | Step - Beginner | | Cycle/Bootcamp | | |
| 9–10am | 9-9:45am | 9-9:45am | | 9–10am | | |
| (G) | (S) | (S) | | (S) | | |
| Cardio & Strength - | | | | A Et - Challani | | |
| Synrgy360 | Yoga – Flow 10-10:45am | | | Aquafit - Shallow 10-10:45am | | |
| 10-10:45am | | | | | | |
| (FC) | (S) | | | (TP) | | |
| | | LATE MO | RNING & AFTERNOOI | N | | |
| Yoga – Flow | Strength – Gentle Fit | Barre | | Yoga – Flow | Yoga – Flow | Cardio Dance |
| | 11am-12pm | | | 10:15-11:15am | 10:15-11:15am | High Low |
| 10·15_11am | • | | | | | 10-11am |
| 10:15-11am (S) | (S) | 10-10:45am (S) | | | | |
| (S) | (S) *Dec. 23 only* | (S) | | (S) | (S) | (S) |
| (S) Cardio & Strength – | (S) *Dec. 23 only* Cardio Dance – | | | (S) Cardio & Strength - | | |
| (S) Cardio & Strength - Gentle Fit | (S) *Dec. 23 only* Cardio Dance – Zumba | | | (S) Cardio & Strength - Gentle Fit | | |
| (S) Cardio & Strength - Gentle Fit 10:15-11:15am | (S) *Dec. 23 only* Cardio Dance – Zumba 12:15-1:15pm | | | (S) Cardio & Strength – Gentle Fit 10:15-11:15am | | |
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| (S) Cardio & Strength - Gentle Fit 10:15-11:15am | (S) *Dec. 23 only* Cardio Dance – Zumba 12:15-1:15pm (S) Yoga – Flow 1:30-2:30pm | | | (S) Cardio & Strength – Gentle Fit 10:15-11:15am | (S) Cardio Dance – Zumba 11:30am– | (S) Cycle 11:15am- 12:15pm |
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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|----------|---|------------------------------|---|
| | | | | | | |
| Open Gym 5:30-8:45am (G) | Open Gym 5:30-8:45am (G) | Open Gym 5:30-8:45am (G)) | | Open Gym 5:30-8:45am (G) | Open Gym 7-8am (G) | Open Gym 7-8am (G) |
| Pickleball Court Bookings 11:30am-12:45pm (G) | Pickleball Open Play 10:15am-12:15pm (G) | Pickleball Open Play 11:15am-1:15pm (G) | | Pickleball Court Bookings 11:30am-12:45pm (G) | | Badminton Court Bookings 8:15-10:45am (G) |
| | Floor Hockey 2:15-4:15pm (G) | | | Floor Hockey 3-5pm (G) Dec 26 1:30-3:30pm | | Pickleball Open Play 1-4pm (G) |
| Open Gym 1-9:45pm (G) | Open Gym 4:30-9:45pm (G) | Open Gym 2:45-3:45pm (G) | | Teen Night 6-9:45pm (G) | Open Gym 11am-8:45pm (G) | Open Gym 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

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)

