

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
	Bootcamp 6:00-6:45am (G)	Cycle 6:00-6:45am (FC)		Closed Dec 26		
Strength 9-9:55am (G)	Aquafit – Shallow/Deep 8-8:45am (MP)	Holiday Sweat 9-9:55am (G) *Dec 24 Only		Strength 9-9:55am (G) *Jan 2 only	Bootcamp 9-9:55am (G)	Cardio & Strength— Synrgy360 9-9:45am (FC)
	Step & Strength 9-9:55am (G)	Cardio & Strength 9-9:55am (G) *Dec 31 Only		Aquafit – Shallow/Deep 9–9:45am (MP) *Jan 2 only		Tai Chi-Advanced 9-9:55am (MPR)
Aquafit – Shallow/Deep 9–9:45am (MP)	Yoga- Chair 9-9:55am (MPR)	Stretch & Mobility 9–9:45am (MPR)		Cycle 9–9:55am (FC) *Jan 2 only		
Cycle 9–9:55am (FC)	Cycle-Gentle fit 9–9:45am (FC)	Aquafit – Shallow/Deep 9–9:45am (MP)				
		Barre 10:15- 11am (MPR)				
LATE MORNING (10am) & AFTERNOON						
Essentrics 10:05- 11am (MPR)	Yoga 10:05- 11am (MPR)	Cardio Dance – Zumba 10:05-11am (G)	Closed Dec 25 Open Jan 1 8-4pm *No group fitness	Cardio Dance – Zumba 10:05-11am (G) *Jan 2 only		
Cardio Dance – Zumba 10:05-11am (G)	Strength-Gentle fit 10:05-11:00am (G)	Essentrics 11:10-12:05pm (MPR)		Yoga 10:05- 11am (MPR) *Jan 2 only	Cardio Dance – Zumba 10:05-11am (G)	Cardio Dance – Zumba 10:05-11am (MPR)
Yoga 11:10-12:05pm (MPR)	Cardio & Strength— Synrgy360 10:05-10:50am (FC)	Core 11:15-11:45pm (S2)		Yoga- Chair 11:10-12:05pm (MPR) *Jan 2 only	Yoga 10:05- 11am (MPR)	
					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)					
EVENING						
		Closed early at 4pm Dec 24 & 31				
Bootcamp 6–6:55pm (G)	Cycle 6-6:45pm (FC)			Cardio & Strength— Synrgy360 6-6:45pm (FC) *Jan 2 only		
Barre 6-6:45pm (MPR)	Strength 6-6:55pm (G)					
Cardio Dance – Zumba 7:05–8:00pm (G)	Cardio Dance -Zumba 7:05–8:00pm (S)					
Yoga 7-7:55pm (MPR)						
Aquafit – Shallow 8:10-8:55pm (MP)						

Recreational Sports

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:30–8:50am	Open Gym 7:00–7:50am	Open Gym 5:30am–8:50am	Open Gym 8am–3:45pm *Jan 1 only	Open Gym 5:30–8:00am *Jan 2 only	Open Gym 7:00–8:45am	Pickleball/Badminton Court Bookings 7:05–10am (G)
Pickleball 12pm–2pm (G)	Pickleball 12pm–2pm (G)	Open Gym 11:10am–3:45pm		Pickleball 12pm–2pm (G) *Jan 2 only	Open Gym 11:10am–8:45pm	Open Gym 10:10am–8:45pm
Open Gym 2:10pm–5:50pm	Open Gym 2:10pm–5:50pm			Open Gym 2:10pm–6:45pm *Jan 2 only		
Open Gym 7:05pm–9:45pm	Open Gym 7:05pm–9:45pm			Teen Night 6:45–9:45pm *Jan 2 only		

Legend: (S2) Studio 2 (MP) Main Pool (G) Gym (TP) Teach Pool (FC) Fitness Centre (MPR) Multipurpose Room

Note: Green Shaded classes are registered sessional programs.

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 6:45-9:45pm

