

HOURS OF OPERATION
M–F: **5:30am–10pm** | Weekends: **7am–9pm**
Statutory Holidays (open on rotation):Family Day February 16 – Open 8am-4pm; no group fitness classes

ymcanab.ca/groupfitness
Last updated 2026-01-05

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
Aquafit – Deep 5:45–6:30am (TP)	Aquafit – Shallow 5:45–6:30am (TP)	Aquafit – Deep 5:45–6:30am (TP)	Aquafit – Shallow 5:45–6:30am (TP)	Aquafit – Deep 5:45–6:30am (TP)		
Cycle 6:15-7am (S)	Bootcamp 5:45-6:30am (S)	Cycle 6:15-7am (S)	Bootcamp – Circuit 5:45-6:30am (S)	Cycle 6:15-7am (S)		
Aquafit – Deep 7–7:45am (TP)	Yoga – Flow 6:45–7:45am (S)	Aquafit – Deep 7–7:45am (TP)	Yoga – Flow 6:45–7:45am (S)	Aquafit – Deep 7–7:45am (TP)		
Aquafit – Deep 8–8:45am (TP)	Aquafit – Shallow 8–8:45am (TP)	Aquafit – Deep 8–8:45am (TP)	Aquafit – Shallow 8–8:45am (TP)	Aquafit – Deep 8–8:45am (TP)	Aquafit – Deep 8–8:45am (TP)	Aquafit – Deep 8–8:45am (TP)
Strength – LIFT 8–8:45am (S)		Yoga – Flow 8–8:45am (S)	Aquafit – Shallow 9–9:45am (TP)	Yoga – Flow 8–8:45am (S)	Strength – LIFT 8:15–9:15am (G)	
Aquafit – Deep 9–9:45am (TP)	Aquafit – Shallow 9–9:45am (TP)	Aquafit – Deep 9–9:45am (TP)	Bootcamp – Interval 9–10am (G)	Aquafit – Shallow 9–9:45am (TP)	Barre 9–10am (S)	Yoga –Restorative 9–9:55am (S)
Cardio Dance – Zumba 9–10am (S)	Cardio & Strength 9–10am (G)	Strength 9–9:45am (G)	Strength 9–9:45am (S)	Step 9–10am (G)	Step – Advanced 9:30–10:45am (G)	
Bootcamp 9–10am (G)	Barre 9-9:45am (S)	Step – Beginner 9-9:45am (S)	Aquafit – Shallow 10–10:45am (TP)	Cycle 9-9:30am (S)		
Cardio & Strength – Synrgy360 10-10:45am (FC)	Yoga – Flow 10-10:45am (S)	Cardio & Strength – Gentle Fit 10-11am (G)	Yoga – Restorative 10-10:45am (S)	Bootcamp 9:30-10am (S)		
LATE MORNING & AFTERNOON						
Yoga – Flow 10:15–11am (S)	Strength – Gentle Fit 11am–12pm (S)	Barre 10–10:45am (S)	Cardio & Strength – Synrgy360 10-10:45am (FC)	Aquafit – Shallow 10–10:45am (TP)	Yoga – Flow 10:15–11:15am (S)	Cardio Dance – Zumba 10–11am (S)
Cardio & Strength – Gentle Fit 10:15–11:15am (G)	Cardio Dance – Zumba 12:15–1:15pm (S)		Baby & Me – Fitness 10:15-11am (G)	Yoga – Flow 10:15–11:15am (S)		Cycle 11:15am–12:15pm (S)
Walking Group 11-11:45am (L)	Yoga – Flow 1:30–2:30pm (S)	Tai Chi 11am-12pm (S)	Cardio Dance – Zumba 12–1pm (S)	Cardio & Strength – Gentle Fit 10:15–11:15am (G)	Cardio Dance – Zumba 11:30am–12:30pm (S)	Cardio & Strength – Synrgy360 12-12:45pm (FC)
Bridge to Wellness Level II 1-2pm (S)	Bridge to Wellness – Aqua 1-2pm(TP)	Bridge to Wellness Level I 1-2pm (S)	Bridge to Wellness – Aqua 12-1pm (TP)	Bridge to Wellness Level II 2–3pm (S)	Cardio Dance – Learn to Dance 12:45–2pm (S)	
EVENING						
Cardio Kickbox 5-5:45pm (S)			Cardio & Strength – HIIT 5:15-5:45pm (S)			
Aquafit – Shallow 6-6:45pm (TP)		Cycle 6–7pm (S)				
Cardio Dance 6–7pm (S)	Strength – LIFT 6–7pm (S)	Cardio Dance – Zumba 7:15–8:15pm (S)	Strength 6–7pm (S)			
Aquafit – Shallow 7–7:45pm (TP)		Cardio & Strength – Synrgy360 7:15-8pm (FC)				
Cycle & Strength 7:15–8:15pm (S)	Yoga – Restorative 7:15-8pm (S)	Aquafit – Shallow 7:45-8:30pm (TP)	Cardio Dance – Zumba 7:15–8:15pm (S)			
Aquafit – Aqua Zumba 8-8:45pm (TP)	Aquafit – Shallow 7:45-8:30pm (TP)	Yoga – Flow 8:30-9:15pm (S)	Aquafit – Aqua Zumba 7:45–8:30pm (TP)			
Recreational Sports						
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 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-12:45pm (G)	Pickleball Open Play 11:15am-1:15pm (G)	Pickleball Open Play 11:15am-12:45pm (G)	Pickleball Court Bookings 11:30am-12:45pm (G)		Badminton Court Bookings 8:15-9:45am (G)
Open Gym 1-4:15pm (G)	Floor Hockey 2:15-4:15pm (G)	Open Gym 2:45-4:15pm (G)	Learn to Play Pickleball 1-2:30pm (G)	Floor Hockey 3-5pm (G)	Open Gym 2-6:15pm (G)	Pickleball Open Play 1-4pm (G)
Open Gym 7:30-9:45pm (G)	Open Gym 8:30-9:45pm (G)	Open Gym 7:30-9:45pm (G)	Open Gym 8:30-9:45pm (G)	Teen Night 6-9:45pm (G)	Girls Night 6:30-8:30pm (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
Note: Bridge to Wellness & Learn to Dance are registered sessional programs.
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-2pm
Mon-Wed 4:30-7:15pm
Thu 2:15-7:15pm

Kids’ Club
Sat 8am-2pm (MPR 1)
Fri 5-8pm (FZ)

