



Shine On

# Adult Group Fitness and Recreation

Jamie Platz Family YMCA | April 6 – June 14

[ymcanab.ca/groupfitness](http://ymcanab.ca/groupfitness)

## HOURS OF OPERATION

M–F: 5:30am–10pm | Weekends: 7am–9pm

Statutory Holidays (open on rotation): Victoria Day May 18<sup>th</sup> – Open 8am–4pm; no group fitness classes

Last updated 2026-03-27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>						
<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 – Shallow</b> 5:45–6:30am (TP)	<b>Aquafit – Deep</b> 5:45–6:30am (TP)		
<b>Cycle</b> 6:15–7am (S)	<b>Bootcamp</b> 5:45–6:30am (S)	<b>Cycle</b> 6:15–7am (S)	<b>Yoga – Flow</b> 6:45–7:45am (S)	<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 – Shallow</b> 8–8:45am (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 – Shallow</b> 9–9:45am (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>Bootcamp – Interval</b> 9–10am (G)	<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>Strength</b> 9–9:45am (S)	<b>Aquafit – Shallow</b> 9–9:45am (TP)	<b>Barre</b> 9–10am (S)	<b>Yoga – Restorative</b> 9–9:55am (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>Aquafit – Shallow</b> 10–10:45am (TP)	<b>Step</b> 9–10am (G)	<b>Step – Advanced</b> 9:30–10:45am (G)	
<b>Bootcamp</b> 9–10am (G)	<b>Barre</b> 9–9:45am (S)	<b>Step – Beginner</b> 9–9:45am (S)	<b>Yoga – Restorative</b> 10–10:45am (S)	<b>Cycle</b> 9–9:30am (S)		
<b>Cardio &amp; Strength – Synrgy360</b> 10–10:45am (FC)	<b>Yoga – Flow</b> 10–10:45am (S)	<b>Cardio &amp; Strength – Gentle Fit</b> 10–11am (G)	<b>Cardio &amp; Strength – Synrgy360</b> 10–10:45am (FC)	<b>Bootcamp</b> 9:30–10am (S)		
<b>LATE MORNING &amp; AFTERNOON</b>						
<b>Yoga – Flow</b> 10:15–11am (S)	<b>Strength – Gentle Fit</b> 11am–12pm (S)		<b>Baby &amp; Me – Fitness</b> 10:15–11am (G)	<b>Aquafit – Shallow</b> 10–10:45am (TP)	<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>Barre</b> 10–10:45am (S)	<b>Strength – Gentle Fit</b> 11am–12pm (S)	<b>Yoga – Flow</b> 10:15–11:15am (S)		<b>Cycle</b> 11:15am–12:15pm (S)
<b>Walking Group</b> 11–11:45am (L)	<b>Yoga – Flow</b> 1:30–2:30pm (S)	<b>Tai Chi</b> 11am–12pm (S)	<b>Cardio Dance – Zumba</b> 12:15–1:15pm (S)	<b>Cardio &amp; Strength – Gentle Fit</b> 10:15–11:15am (G)	<b>Cardio Dance – Zumba</b> 11:30am–12:30pm (S)	<b>Cardio &amp; Strength – Synrgy360</b> 12–12:45pm (FC)
<b>Bridge to Wellness Level II</b> 1–2pm (S)	<b>Bridge to Wellness – Aqua</b> 1–2pm (TP)	<b>Bridge to Wellness Level I</b> 1–2pm (S)	<b>Bridge to Wellness – Aqua</b> 12–1pm (TP)	<b>Bridge to Wellness Level II</b> 2–3pm (S)	<b>Cardio Dance – Learn to Dance</b> 12:45–2pm (S)	
<b>EVENING</b>						
<b>Cardio Kickbox</b> 5–5:45pm (S)			<b>High Intensity Interval Training</b> 5:15–5:45pm (S)			
<b>Aquafit – Shallow</b> 6–6:45pm (TP)	<b>Strength – LIFT</b> 6–7pm (S)	<b>Cycle</b> 6–7pm (S)	<b>Strength</b> 6–7pm (S)			
<b>Cardio Dance</b> 6–7pm (S)	<b>Cardio &amp; Strength – Synrgy360</b> 6:30–7:15pm (FC)	<b>Cardio Dance – Zumba</b> 7:15–8:15pm (S)				
<b>Aquafit – Shallow</b> 7–7:45pm (TP)	<b>Yoga – Restorative</b> 7:15–8pm (S)	<b>Cardio &amp; Strength – Synrgy360</b> 7:15–8pm (FC)	<b>Cardio Dance – Zumba</b> 7:15–8:15pm (S)			
<b>Cycle &amp; Strength</b> 7:15–8:15pm (S)	<b>Aquafit – Shallow</b> 7:45–8:30pm (TP)	<b>Aquafit – Shallow</b> 7:45–8:30pm (TP)	<b>Aquafit – Aqua Zumba</b> 7:45–8:30pm (TP)			
<b>Aquafit – Aqua Zumba</b> 8–8:45pm (TP)		<b>Yoga – Flow</b> 8:30–9:15pm (S)				

## 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> 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–1pm (G)	<b>Pickleball Open Play</b> 11:15am–1:15pm (G)	<b>Pickleball Open Play</b> 11:15am–12:45pm (G)	<b>Pickleball Court Bookings</b> 11:30am–12:45pm (G)		<b>Badminton Court Bookings</b> 8:15–9:45am (G)
<b>Open Gym</b> 1–4:15pm (G)	<b>Floor Hockey</b> 2:15–4:15pm (G)	<b>Open Gym</b> 2:45–4:15pm (G)	<b>Learn to Play Pickleball</b> 1–2:30pm (G)	<b>Floor Hockey</b> 3–5pm (G)	<b>Open Gym</b> 2–6:15pm (G)	<b>Pickleball Open Play</b> 1–4pm (G)
<b>Open Gym</b> 8:30–9:45pm (G)	<b>Open Gym</b> 8:30–9:45pm (G)	<b>Open Gym</b> 7:30–9:45pm (G)	<b>Open Gym</b> 8:30–9:45pm (G)	<b>Teen Night</b> 6–9:45pm (G)	<b>Girls Night</b> 6:30–8:30pm (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 | **NEW Classes**

**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](http://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)  
Sat 6:30–8:30pm (FZ)

