



Shine On

Adult Group Fitness and Recreation

William Lutsky Family YMCA | Intersession--March 30-April 5

Last updated March 24, 2026

HOURS OF OPERATION

M- F: 5:30am-10pm | Weekends: 7am-9pm

Holidays: Good Friday, Open 8am-4pm

ymcanab.ca/groupfitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
EARLY MORNING							
		Cycle 6:00-6:45am (FC)		Center Open 8-4pm <i>*No group fitness</i>			
	Aquafit – Shallow/Deep 8-8:45am (MP)		Aquafit – Shallow/Deep 8-8:45am (MP)				
	Strength 8-8:45am (G)	Core 8:15-8:45am (G)	Cardio & Strength 9-9:55am (G)				
Strength 9-9:55am (G)	Step & Strength 9-9:55am (G)	Cardio & Strength 9-9:55am (G)	Cardio & Strength–Synrgy360 9-9:55am (FC)			Bootcamp 9-9:55am (G)	Cardio & Strength–Synrgy360 9-9:45am (FC)
Cardio Kickboxing 9-9:55am (MPR)	Yoga- Chair 9-9:55am (MPR)	Stretch & Mobility 9-9:55am (MPR)	Yoga- Chair 9-9:55am (MPR)				Tai Chi-Advanced 9-9:55am (MPR)
Aquafit – Shallow/Deep 9-9:45am (MP)	Cycle-Gentle fit 9-9:45am (FC)	Aquafit – Shallow/Deep 9-9:45am (MP)	Aquafit – Shallow 9-9:45am (MP)				Yoga 9-9:55am (S2)
Cycle 9-9:55am (FC)	Aquafit – Shallow 9-9:45am (MP)	Barre 10:15- 11am (MPR)	Cycle-Gentle fit 10:05-10:50am (FC)				
LATE MORNING (10am) & AFTERNOON							
	Yoga 10:05- 11am (MPR)	Cardio Dance – Zumba 10:05-11am (G)	Yoga 10:05- 11am (MPR)	Center Open 8-4pm <i>*No group fitness</i>			
Cardio Dance – Zumba 10:05-11am (G)	Strength-Gentle fit 10:05-11:00am (G)	Essentrics 11:10-12:05pm (MPR)	Strength-Gentle fit 10:05-11:00am (G)			Cardio Dance – Zumba 10:05-11am (G)	Cardio Dance – Zumba 10:05-11am (G)
Yoga 11:10-12:05pm (MPR)	Cardio & Strength–Synrgy360 10:05-10:50am (FC)	Core 11:15-11:45pm (S2)				Yoga 10:05- 11am (MPR)	Yoga 11:10- 12:05pm (MPR)
	Bridge to Wellness 11:10-12:05pm (MPR)	Yoga 12:05-1pm (S2)	Bridge to Wellness 11:10-12:05pm (MPR)			Yoga- Restorative 11:10-12:05pm (MPR)	
Aquafit – Shallow/Deep 12:15-1:00pm (MP)	Aquafit – Shallow/Deep 12:15-1:00pm (MP)		Aquafit – Shallow/Deep 12:15-1:00pm (MP)				
EVENING							
Bootcamp 6-6:55pm (G)	Cycle 6-6:45pm (FC)			Center Open 8-4pm <i>*No group fitness</i>			
Barre 6-6:45pm (MPR)	Strength -LIFT 6-6:55pm (G)	Barre 6-6:45pm (MPR)	Core 6:15-6:45pm (MPR)				
Cardio Dance – Zumba 7:05-8:00pm (G)	Cardio Dance -Zumba 7:05-8:00pm (G)	Strength 7-7:55pm (S2)	Cardio & Strength–Synrgy360 7-7:45pm (FC)				
Yoga 7-7:55pm (MPR)	Tai Chi 7-7:55pm (MPR)	Yoga 7-7:55pm (MPR)	Stretch & Mobility 8:00-8:55pm (MPR)				
Aquafit – Shallow 8:10-8:55pm (MP)	Tai Chi Qi Gong 8:00-8:55pm (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 5:30-8:00am	Open Gym 5:30-7:50am	Open Gym 8-4pm	Open Gym 7:00-8:45am	Open Gym 7am-8:45pm
Open Gym 11:10-5:50pm	Open Gym 11:00-3:50am	Open Gym 11:10am-4:50pm	Open Gym 2:10pm-7:45pm		Open Gym 11:10am-8:45pm	
Open Gym 7:05pm-9:45pm	Open Gym 7:05pm-9:45pm	Open Gym 7:10pm-9:45pm	Floor Hockey 8pm-9:45pm (G)			

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- Thursday, 9am-12pm
Monday- Thursday, 4:15-8pm

Saturday, 9-12pm

Girls Night

Saturday 4:30-6:00pm

