



Shine On

ymcanab.ca/groupfitness

Adult Group Fitness and Recreation

Castle Downs Family YMCA | June 29 – August 23

Last updated 2026-6-8

HOURS OF OPERATION

M- F: **6am-10pm** | Weekends: **7am-8pm**

Statutory Holidays (open on rotation): July 1, Canada Day 8am-4pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
				Yoga-Restorative 7-7:45am (S3)		Outdoor Bootcamp 930-1030am (Lobby)
Strength 9:15-10:15am (G)	AquaFit – Deep 9-9:55am (MP)	AquaFit – Shallow 9-9:55am (MP)	Bootcamp 9:15-10:15am (G)	Cycle 8:45-9:15am (S1&2)		Cycle 8:30-9:30am (S1&2)
AquaFit – Shallow/Deep 10-10:55am (MP)	Cycle & Strength 9:15-10:15am (S1&2)	Core 9:15-10:15am (S1&2)	AquaFit – Deep 10-10:55am (MP)	AquaFit – Shallow 9-9:55am (MP)	Cycle 9-9:45am (S1&2)	Cardio & Strength - Synrgy360 9:30-10:15am (FC)
		Cardio & Strength – Gentle Fit 9:15- 10am (S3)	Stretch & Mobility 10:30-11:15am (S3)	Strength 9:30-10:30am (G)	HIIT 10-10:45am (S1&S2)	Yoga – Flow 9:45-10:45am (S3)
LATE MORNING (11am) & AFTERNOON						
Cardio & Strength 10:30-11:30am (G)	Stretch & Mobility 10:30-11:15am (S3)	Cycle 10:30-11:15am (S1 & S2)	Tai Chi 10:30-11:30am (S1&2)	Cardio Dance 10:30-11:30am (S1&2)		Cardio Dance – Zumba 11-12pm (S3)
Yoga – Flow 10:30-11:30am (S3)	Tai Chi 10:30-11:30am (S1&2)	Yoga-Restorative 10:30-11:30am (S3)	Aikido 11:30-1pm (S3)	Yoga – Flow 10:30-11:30am (S3)	Yoga – Flow 11-12:15pm (S3)	
	Cardio & Strength Gentle Fit 12-1pm (G)	Cardio Dance- Learn to Dance 11:30am-12:30pm (S1&2)	Cardio & Strength Gentle Fit 12-1pm (G)		Cardio Dance Zumba 12:30-1:30pm (S1&2)	
	Bridge to Wellness 1:15-2:15pm (S1&2)	AquaFit- Bridge to Wellness 12-12:45pm (TP)	Bridge to Wellness 1:15-2:15pm (S1&2)			AquaFit Shallow/Deep 1-1:45pm (MP)
EVENING						
Cardio & Strength - Synrgy360 5-5:45pm (FC)	Core 5-5:45pm (S3)		Core 5-5:45pm (S3)	Cardio Dance-Zumba Women's Only 5-5:45pm (S3)		
Strength 6-7pm (G)	Stretch and Mobility 6-6:30pm (S2)	Cardio Dance -Zumba 6-7pm (G)	Cardio & Strength -Synrgy360 6-6:45pm (FC)	Yoga – Flow 6-7pm (S3)		
Cardio Dance - Zumba 7:15-8:15pm (G)	Aikido 6-7:30pm (S3)					
Yoga 7:30-8:30pm (S3)		Strength 7:15-8:15pm (G)	Cardio Dance - Zumba 7:15-8:15pm (S3)			
Learn to Run 7:30-8:30pm (Lobby)	Cardio Dance - High-Low 7:15-8:15pm (S1&2)	Yoga 7:30-8:30pm (S3)	Walking Group 7-8pm (Lobby)			

Recreational Sports (G)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 6-7:15am	Open Gym 6-7:15am	Open Gym 6-7:15am	Open Gym 6-7:15am	Open Gym 6-7:15am	Badminton/Pickleball 7-8:50am	Basketball 7-8:50am
		Badminton 9-11am	Pickleball 8-9am		Basketball 9am-10:30am	Badminton/Pickleball 9-10:30am
Pickleball 11:45am-1:45pm	Pickleball 9-11:45am	Open Gym 11am-12pm	Pickleball 10:30am-11:45am	Pickleball 10:30am-1:30pm		Open Gym 10:45-2:30pm
	Open Gyn 1:15-2pm	Pickleball 11-1pm		Open Gym 1:45-5pm		Pickleball 2:45-4:45pm
Open Gym 5:15-5:45pm	Open Gym 5:15-7:45pm	Open Gym 1:15-2pm	Open Gym 1:15-2pm			
		Open Gym 5:15-5:45pm		Basketball 5-6:45pm		
Open Gym 8:30-9:50pm	Adult Volleyball 8-9:45pm	Open Gym 8:30-9:50pm	Open Gym 5:15-9:50pm		Open Gym 10:45am-7:50pm	Open Gym 5-7:50pm

Legend: (S1&2) Studio 1 and 2 (S3) Studio 3 (G) Gym (MP) Main Pool (FC) Fitness Centre (MPR) Multipurpose Room

Note: Bridge to Wellness and select Cardio Dance classes are registered sessional programs.

Registration: Pre-Registration is required for everything except open gym, badminton, pickleball, basketball and Adult Volleyball.

Childminding (MPR3)

Monday-Friday, 9:00am- 12:00pm

Childminding (MPR3) & Kids Club (MPR3- except Friday- MPR 1)

Monday-Friday, 5pm- 8pm
Saturday, 9:30am-12:30pm

