



# Adult Group Fitness and Recreation

Castle Downs Family YMCA | June 15 – June 28

Shine On  
ymcanab.ca/groupfitness

Last updated 2026-5-27

## HOURS OF OPERATION

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

Statutory Holidays (open on rotation):

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>EARLY MORNING</b>						
<b>TRX</b> 8-9am (S1&2)		<b>TRX</b> 8-9am (S1&2)		<b>Yoga-Restorative</b> 7-7:45am (S3)		
<b>Strength</b> 9:15-10:15am (G)	<b>Aquafit – Deep</b> 9-9:55am (MP)	<b>Aquafit – Shallow</b> 9-9:55am (MP)	<b>Bootcamp</b> 9:15-10:15am (G)	<b>Cycle</b> 8:30-9am (S1&2)		<b>Cycle</b> 8:30-9:30am (S1&2)
<b>Aquafit – Shallow/Deep</b> 10-10:55am (MP)	<b>Cycle &amp; Strength</b> 9:15-10:15am (S1&2)	<b>Core</b> 9:15-10:15am (S1&2)	<b>Aquafit – Deep</b> 10-10:55am (MP)	<b>Aquafit – Shallow</b> 9-9:55am (MP)		<b>Cardio &amp; Strength - Synrgy360</b> 9:30-10:15am (FC)
		<b>Cardio &amp; Strength – Gentle Fit</b> 9:15- 10am (S3)	<b>Stretch &amp; Mobility</b> 10:30-11:15am (S3)	<b>Cardio &amp; Strength</b> 9:15-10:15am (G)	<b>HIIT</b> 10-10:45am (S1&S2)	<b>Yoga – Flow</b> 9:40-10:40am (S1&2)
<b>LATE MORNING (11am) &amp; AFTERNOON</b>						
<b>Cardio &amp; Strength</b> 10:30-11:30am (G)	<b>Stretch &amp; Mobility</b> 10:30-11:15am (S3)	<b>Cycle</b> 10:30-11:15am (S1 & S2)	<b>Tai Chi</b> 10:30-11:30am (S1&2)	<b>Cardio Dance</b> 10:30-11:30am (S1&2)		<b>Cardio Dance – Zumba</b> 10:45-11:45am (S3)
<b>Yoga – Flow</b> 10:30-11:30am (S3)	<b>Tai Chi</b> 10:30-11:30am (S1&2)	<b>Yoga-Flow</b> 10:30-11:30am (S3)	<b>Aikido</b> 11:30-1pm (S3)	<b>Yoga – Flow</b> 10:30-11:30am (S3)	<b>Yoga – Flow</b> 11-12:15pm (S3)	
	<b>Cardio &amp; Strength – Gentle Fit</b> 12-1pm (G)		<b>Cardio &amp; Strength – Gentle Fit</b> 12-1pm (G)		<b>Cardio Dance - Zumba</b> 12:30-1:30pm (S1&2)	<b>Aquafit – Shallow/Deep</b> 1-1:45pm (MP)
<b>EVENING</b>						
<b>Cardio &amp; Strength - Synrgy360</b> 5-5:45pm (FC)	<b>Core</b> 5-5:30pm (S3)			<b>Cardio Dance Woman Only - Zumba</b> 5-5:45pm (S3)		
<b>Strength</b> 6-7pm (G)	<b>Stretch and Mobility</b> 5:30-6pm (S3)	<b>Cardio Dance -Zumba</b> 6-7pm (G)	<b>Cardio &amp; Strength -Synrgy360</b> 6-6:45pm (FC)	<b>Yoga – Flow</b> 6:00-7:00pm (S3)		
	<b>Aikido</b> 6:15-7:45pm (S3)					
<b>Cardio Dance - Zumba</b> 7:15-8:15pm (G)	<b>Cycle</b> 6:15-7:15pm (S1&2))	<b>Strength</b> 7:15-8:15pm (G)	<b>Cardio Dance - Zumba</b> 7:15-8:15pm (S3)			
<b>Yoga – Restorative</b> 7:30-8:30pm (S3)	<b>Cardio Dance - High-Low</b> 7:30-8:30pm (S1&2)	<b>Yoga – Restorative</b> 7:30-8:30pm (S3)				

## Recreational Sports (G)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Open Gym</b> 6–7am	<b>Basketball</b> 6–8am	<b>Open Gym</b> 6–7am	<b>Open Gym</b> 6–7:50am	<b>Open Gym</b> 6–7am	<b>Badminton/Pickleball</b> 7-8:50am	<b>Basketball</b> 7-8:50am
<b>Badminton</b> 7:10-9am	<b>Open Gym</b> 8–9:45am	<b>Badminton</b> 7:10-10:45am	<b>Pickleball</b> 8-9am	<b>Badminton</b> 7:10-9am	<b>Basketball</b> 9am–9:45am	<b>Badminton/Pickleball</b> 9-10:30am
<b>Pickleball</b> 11:45am-2:45pm	<b>Pickleball</b> 10-11:45am	<b>Open Gym</b> 11am–12pm	<b>Pickleball</b> 10:30am-11:45am	<b>Pickleball</b> 10:30am-1:30pm		<b>Open Gym</b> 10:45am–2:30pm
<b>Open Gym</b> 3–4pm	<b>Pickleball</b> 1:15–3pm	<b>Pickleball</b> 12:15:-3:15pm		<b>Open Gym</b> 1:45–5pm		<b>Pickleball</b> 2:45-4:45pm
	<b>Open Gym</b> 3:15–7:45pm	<b>Open Gym</b> 3:30–4pm	<b>Open Gym</b> 1:15–2pm			
<b>Basketball</b> 4–5:45pm		<b>Basketball</b> 4–5:45pm	<b>Basketball</b> 2–4:45pm	<b>Basketball</b> 5–6:45pm		
<b>Open Gym</b> 8:30–9:50pm	<b>Adult Volleyball</b> 8–9:45pm	<b>Open Gym</b> 8:30–9:50pm	<b>Open Gym</b> 5–9:50pm		<b>Open Gym</b> 10am–7:50pm	<b>Open Gym</b> 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

