



Shine On

Adult Group Fitness and Recreation

Jamie Platz Family YMCA | June 15-28

HOURS OF OPERATION

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

ymcanab.ca/groupfitness

Last updated 2026-06-09

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
Cycle 6:15-7am (S)	Bootcamp 5:45-6:30am (S)	Cycle 6:15-7am (S)		Cycle 6:15-7am (S)		
	Yoga - Flow 6:45-7:45am (S)		Yoga - Flow 6:45-7:45am (S)			
Strength - LIFT 8-8:45am (S)		Yoga - Flow 8-8:45am (S)	Bootcamp - Interval 9-10am (G)	Yoga - Flow 8-8:45am (S)	Strength - LIFT 8:15-9:15am (G)	
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)	Barre 9-10am (S)	Yoga - Restorative 9-9:55am (S)
Bootcamp 9-10am (G)	Barre 9-9:45am (S)	Step - Beginner 9-9:45am (S)	Yoga - Restorative 10-10:45am (S)	Cycle 9-9:30am (S)	Step - Advanced 9:30-10:45am (G)	
			Cardio & Strength - Synrgy360 10-10:45am (FC)	Bootcamp 9:30-10am (S)		
Cardio & Strength - Synrgy360 10-10:45am (FC)	Yoga - Flow 10-10:45am (S)	Cardio & Strength - Gentle Fit 10-11am (G)	Baby & Me - Fitness 10:15-11am (G)	Yoga - Flow 10:15-11:15am (S)		
LATE MORNING & AFTERNOON						
Yoga - Flow 10:15-11am (S)	Strength - Gentle Fit 11am-12pm (S)	Barre 10-10:45am (S)		Cardio & Strength - Gentle Fit 10:15-11:15am (G)	Yoga - Flow 10:15-11:15am (S)	Cardio Dance - High Low 10-11am (S)
Cardio & Strength - Gentle Fit 10:15-11:15am (G)	Cardio Dance - Zumba 12:15-1:15pm (S)	Tai Chi 11am-12pm (S)	Strength - Gentle Fit 11am-12pm (S)		Cardio Dance - Zumba 11:30am-12:30pm (S)	Cycle 11:15am-12:15pm (S)
Walking Group 11-11:45am (L)	Yoga - Flow 1:30-2:30pm (S)		Cardio Dance - Zumba 12:15-1:15pm (S)			Cardio & Strength - Synrgy360 12-12:45pm (FC)
Cardio & Strength - Gentle Fit 1-2pm (S)		Cardio & Strength - Gentle Fit 1-2pm (S)		Cardio & Strength - Gentle Fit 2-3pm (S)		
EVENING						
Cardio Kickbox 5-5:45pm (S)			High Intensity Interval Training 5:15-5:45pm (S)			
Cardio Dance 6-7pm (S)	Strength - LIFT 6-7pm (S)	Cycle 6-7pm (S)	Strength 6-7pm (S)			
	Cardio & Strength - Synrgy360 6:30-7:15pm (FC)	Cardio Dance - Zumba 7:15-8:15pm (S)				
Cycle & Strength 7:15-8:15pm (S)	Yoga - Restorative 7:15-8pm (S)	Cardio & Strength - Synrgy360 7:15-8pm (FC)	Cardio Dance - Zumba 7:15-8:15pm (S)			
		Yoga - Flow 8:30-9:15pm (S)				
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-1pm (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 1-9:45pm (G)	Floor Hockey 2:15-4:15pm (G)	Open Gym 2:45-9:45pm (G)	Open Gym 12:45-9:45pm (G)	Floor Hockey 3-5pm (G)	Open Gym 11am-6:15pm (G)	Pickleball Open Play 1-4pm (G)
	Open Gym 4:30-9:45pm (G)			Teen Night 6-9:45pm (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 |

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

The Aquatics Centre is CLOSED for annual maintenance from June 15-28, 2026.

The Women's Plus will be closed June 15th, 16th and 17th for flooring replacement.

The Women's and Men's Plus Hot Tubs will be closed for filter cleaning on June 17th and 18th.

The Universal shower area will be closed on June 17th and 18th for tilework and grouting. The Women's General washroom areas will be closed on June 15th and 16th for countertop and mirror replacements.

Childminding (MPR 1)

Mon - Fri 8:45am-12:15pm

Sat 8am-12pm

Mon-Thu 4:30-7:15pm



Kids' Club

Sat 8am-12pm (MPR 1)

FREE Outdoor Fitness Class:

High Intensity Interval Training (HIIT)

Thursday June 25th 5:15-5:45pm