



Shine On

Adult Group Fitness and Recreation

Jamie Platz Family YMCA | June 29 – September 6

ymcanab.ca/groupfitness

Last updated 2026-06-02

HOURS OF OPERATION

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

Statutory Holidays (open on rotation): Closed Canada Day July 1; Heritage Day August 3 open 8am-4pm; no group fitness classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
Aquafit – Deep 5:45-6:30am (TP)	Aquafit – Shallow 5:45-6:30am (TP)	Aquafit – Deep 5:45-6:30am (TP)	Aquafit – Shallow 5:45-6:30am (TP)	Aquafit – Deep 5:45-6:30am (TP)		
Cycle 6:15-7am (S)	Bootcamp 5:45-6:30am (S)					
Aquafit – Deep 7-7:45am (TP)	Yoga – Flow 6:45-7:45am (S)	Aquafit – Deep 7-7:45am (TP)	Yoga – Flow 6:45-7:45am (S)	Aquafit – Deep 7-7:45am (TP)		
Aquafit – Deep 8-8:45am (TP)	Aquafit – Shallow 8-8:45am (TP)	Aquafit – Deep 8-8:45am (TP)	Aquafit – Shallow 8-8:45am (TP)	Aquafit – Deep 8-8:45am (TP)	Aquafit – Deep 8-8:45am (TP)	Aquafit – Deep 8-8:45am (TP)
Strength – LIFT 8-8:45am (S)		Yoga – Flow 8-8:45am (S)	Aquafit – Shallow 9-9:45am (TP)	Yoga – Flow 8-8:45am (S)	Strength – LIFT 8:15-9:15am (G)	
Aquafit – Deep 9-9:45am (TP)	Aquafit – Shallow 9-9:45am (TP)	Aquafit – Deep 9-9:45am (TP)	Bootcamp – Interval 9-10am (G)	Aquafit – Shallow 9-9:45am (TP)	Barre 9-10am (S)	Yoga – Restorative 9-9:55am (S)
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)	Step – Advanced 9:30-10:45am (G)	
Bootcamp 9:15-10am (G)	Barre 9-9:45am (S)	Step – Beginner 9-9:45am (S)	Yoga – Restorative 10-10:45am (S)	Cycle 9-9:30am (S)		
Cardio & Strength – Synrgy360 10-10:45am (FC)	Yoga – Flow 10-10:45am (S)	Cardio & Strength – Gentle Fit 10-11am (G)	Cardio & Strength – Synrgy360 10-10:45am (FC)	Bootcamp 9:30-10am (S)		
LATE MORNING & AFTERNOON						
Yoga – Flow 10:15-11am (S)		Barre 10-10:45am (S)		Aquafit – Shallow 10-10:45am (TP)	Yoga – Flow 10:15-11:15am (S)	Cardio Dance – Zumba 10-11am (S)
Cardio & Strength – Gentle Fit 10:15-11:15am (G)	Strength – Gentle Fit 11am-12pm (S)		Strength – Gentle Fit 11am-12pm (S)	Yoga – Flow 10:15-11:15am (S)	Cardio Dance – Zumba 11:30am-12:30pm (S)	Cycle 11:15am-12:15pm (S)
Walking Group 11-11:45am (L)	Cardio Dance – Zumba 12:15-1:15pm (S)		Cardio Dance – Zumba 12:15-1:15pm (S)		Cardio Dance – Learn to Dance 12:45-2pm (S)	Cardio & Strength – Synrgy360 12-12:45pm (FC)
Bridge to Wellness – Aqua 12-1pm (TP)	Yoga – Flow 1:30-2:30pm (S)		Bridge to Wellness – Aqua 12-1pm (TP)			
Bridge to Wellness Level II 1-2pm (S)		Bridge to Wellness Level I 1-2pm (S)		Bridge to Wellness Level II 2-3pm (S)		
EVENING						
Cardio Kickbox 5-5:45pm (S)		Learn to Run: 5K 6-7pm (L)				
Aquafit – Shallow 6-6:45pm (TP)	Strength – LIFT 6-7pm (S)	Cycle 6-7pm (S)	Strength 6-7pm (S)			
Cardio Dance 6-7pm (S)	Cardio & Strength – Synrgy360 6:30-7:15pm (FC)	Cardio Dance – Zumba 7:15-8:15pm (S)				
Aquafit – Shallow 7-7:45pm (TP)		Cardio & Strength – Synrgy360 7:15-8pm (FC)	Cardio Dance – Zumba 7:15-8:15pm (S)			
Aquafit – Aqua Zumba 8-8:45pm (TP)	Aquafit – Shallow 7:45-8:30pm (TP)	Aquafit – Shallow 7:45-8:30pm (TP)	Aquafit – Aqua Zumba 7:45-8:30pm (TP)			
		Yoga – Flow 8:30-9:15pm (S)				
Recreational Sports						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:30-7:15am (G)	Open Gym 5:30-7:15am (G)	Open Gym 5:30-7:15am (G)	Open Gym 5:30-7:15am (G)	Open Gym 5:30-7:15am (G)	Open Gym 7-8am (G)	Open Gym 7-8am (G)
	Pickleball Open Play 10:15am-1:15pm (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 8:15-11:15am (G)
Open Gym 11:30am-12:45pm	Floor Hockey 1:30-3:30pm (G)			Floor Hockey 1-3pm (G)		Pickleball Open Play 1-4pm (G)
Open Gym 5:30-9:45pm (G)	Open Gym 5:30-9:45pm (G)	Open Gym 5:30-9:45pm (G)	Open Gym 5:30-9:45pm (G)	Teen Night 6-9:45pm (G)	Open Gym 11am-8:45pm	Open Gym 4:15-8:45pm (G)
Legend: (FC) Fitness Centre (G) Gymnasium (L) Lobby (MPR 1) Multi-Purpose Room 1 (S) Studio (TP) Teach Pool Note: Bridge to Wellness, Learn to Run & 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				Childminding (MPR 1) Mon – Fri 8:45am-12:15pm Sat 8am-12:30pm Mon-Wed 4:30-7:15pm Kids' Club (MPR 1) Sat 8am-12:30pm		

