



# Adult Group Fitness and Recreation

William Lutsky Family YMCA | June 29 – August 23  
Last updated June 25, 2026

## HOURS OF OPERATION

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

Statutory Holidays (open on rotation) Canada Day, July 1, open 8am–4pm | Heritage Day, Aug 3, closed

[ymcanab.ca/groupfitness](http://ymcanab.ca/groupfitness)

| MONDAY                                              | TUESDAY                                                        | WEDNESDAY                                       | THURSDAY                                                  | FRIDAY                                             | SATURDAY                                        | SUNDAY                                                    |
|-----------------------------------------------------|----------------------------------------------------------------|-------------------------------------------------|-----------------------------------------------------------|----------------------------------------------------|-------------------------------------------------|-----------------------------------------------------------|
| <b>EARLY MORNING</b>                                |                                                                |                                                 |                                                           |                                                    |                                                 |                                                           |
| <b>Yoga</b><br>7:45-8:40am (S2)                     | <b>Aquafit – Shallow/Deep</b><br>8-8:45am (MP)                 | <b>Yoga</b><br>7:45-8:40am (S2)                 | <b>Aquafit – Shallow/Deep</b><br>8-8:45am (MP)            |                                                    |                                                 |                                                           |
| <b>Yoga</b><br>9-10:55am (MPR)                      | <b>Core</b><br>8:15-8:45am (S2)                                |                                                 | <b>Aquafit – Shallow</b><br>9-9:45am (MP)                 | <b>Core</b><br>8:15-8:45am (S2)                    | <b>Core</b><br>8:10am (MPR)                     |                                                           |
| <b>Strength</b><br>9-9:55am (G)                     | <b>Strength-Gentle Fit</b><br>9-9:55am (G)                     | <b>Cardio &amp; Strength</b><br>9-9:55am (G)    | <b>Cardio &amp; Strength</b><br>9-9:55am (G)              | <b>Strength</b><br>9-9:55am (G)                    | <b>Bootcamp</b><br>9-9:55am (G)                 | <b>Cardio &amp; Strength - Synrgy360</b><br>9-9:45am (FC) |
| <b>Cycle</b><br>9-9:55am (FC)                       | <b>Cycle-Gentle fit</b><br>9-9:45am (FC)                       | <b>Stretch &amp; Mobility</b><br>9-9:55am (MPR) | <b>Cardio &amp; Strength - Synrgy360</b><br>9-9:55am (FC) | <b>Cycle</b><br>9-9:55am (FC)                      | <b>Synrgy</b><br>9-9:45am (FC)                  | <b>Yoga</b><br>9-9:55am (MPR)                             |
| <b>Aquafit – Shallow/Deep</b><br>9-9:45am (MP)      | <b>Yoga- Chair</b><br>9-9:55am (MPR)                           | <b>Aquafit – Shallow/Deep</b><br>9-9:45am (MP)  | <b>Yoga- Chair</b><br>9-9:55am (MPR)                      | <b>Tai Chi</b><br>9-9:55am (Outdoors)              |                                                 |                                                           |
|                                                     | <b>Aquafit – Shallow</b><br>9-9:45am (MP)                      |                                                 | <b>Yoga</b><br>10:05- 11am (MPR)                          | <b>Aquafit – Shallow/Deep</b><br>9-9:45am (MP)     |                                                 |                                                           |
| <b>LATE MORNING (10am) &amp; AFTERNOON</b>          |                                                                |                                                 |                                                           |                                                    |                                                 |                                                           |
| <b>Cardio Dance – Zumba</b><br>10:05-11am (G)       | <b>Cardio &amp; Strength - Synrgy360</b><br>10:05-10:50am (FC) | <b>Cardio Dance – Zumba</b><br>10:05-11am (G)   | <b>Strength-Gentle Fit</b><br>10:05-11am (G)              | <b>Cardio Dance – Zumba</b><br>10:05-11am (G)      | <b>Cardio Dance – Zumba</b><br>10:05-11am (G)   | <b>Cardio Dance – Zumba</b><br>10:05-11am (Gym)           |
| <b>Essentrics</b><br>10:05- 11am (MPR)              | <b>Bridge to Wellness</b><br>10:05-11am (MPR)                  | <b>Essentrics</b><br>10:05- 11am (MPR)          | <b>Stretch &amp; Mobility</b><br>11:10-12:05 (outdoors)   | <b>Yoga</b><br>10:05- 11am (MPR)                   | <b>Yoga</b><br>10:05- 11am (MPR)                |                                                           |
| <b>Aquafit – Shallow/Deep</b><br>12:05-12:50pm (MP) | <b>Aquafit – Shallow/Deep</b><br>12:05-12:50pm (MP)            | <b>Core</b><br>11:15-11:45pm (FC)               | <b>Aquafit – Shallow/Deep</b><br>12:05-12:50pm (MP)       |                                                    | <b>Yoga- Restorative</b><br>11:10-12:05pm (MPR) |                                                           |
| <b>EVENING</b>                                      |                                                                |                                                 |                                                           |                                                    |                                                 |                                                           |
| <b>Barre</b><br>6-6:45pm (MPR)                      | <b>Yoga</b><br>5:30-6:25 (Outdoors)                            |                                                 | <b>Learn to Run</b><br>5:30-6:25 (Outdoors)               |                                                    |                                                 |                                                           |
| <b>Bootcamp</b><br>6-6:55pm (Outdoors)              | <b>Strength-LIFT</b><br>6-6:55pm (G)                           | <b>Barre</b><br>6-6:45pm (MPR)                  | <b>Core</b><br>6:15-6:45pm (MPR)                          | <b>Cardio &amp; Strength</b><br>6-6:55pm (S2)      |                                                 |                                                           |
| <b>Yoga</b><br>7-7:55pm (MPR)                       |                                                                | <b>Yoga</b><br>7-7:55pm (MPR)                   | <b>Cardio &amp; Strength - Synrgy360</b><br>7-7:45pm (FC) | <b>Stretch &amp; Mobility</b><br>7:00-7:55pm (MPR) |                                                 |                                                           |
| <b>Cardio Dance – Zumba</b><br>7:05-8:00pm (G)      | <b>Cardio Dance - Zumba</b><br>7:05-8:00pm (G)                 | <b>Cardio Dance – Zumba</b><br>7:05-8:00pm (G)  | <b>Stretch &amp; Mobility</b><br>8:00-8:55pm (S2)         |                                                    |                                                 |                                                           |
| <b>Aquafit – Shallow</b><br>8:10-8:55pm (MP)        |                                                                | <b>Aquafit – Shallow</b><br>8:10-8:55pm (MP)    |                                                           |                                                    |                                                 |                                                           |

## Recreational Sports

| MONDAY                                                           | TUESDAY | WEDNESDAY                            | THURSDAY                                                         | FRIDAY | SATURDAY                              | SUNDAY                            |
|------------------------------------------------------------------|---------|--------------------------------------|------------------------------------------------------------------|--------|---------------------------------------|-----------------------------------|
| <b>Drop In Youth Conditioning (12-17)</b><br>5:30-7pm* July only |         | <b>Pickleball</b><br>5:30-6:50pm (G) | <b>Drop In Youth Conditioning (12-17)</b><br>5:30-7pm* July only |        | <b>Badminton</b><br>7:05-8:30am       | <b>Pickleball</b><br>7:05-9am (G) |
|                                                                  |         |                                      | <b>Floor Hockey</b><br>8pm-9:45pm (G)                            |        | <b>Pickleball</b><br>11:15-1:15pm (G) |                                   |

**Legend:** (S2) Studio 2 (MP) Main Pool (G) Gym (TP) Teach Pool (FC) Fitness Centre (MPR) Multipurpose Room

**Note:** Bridge to Wellness is a registered sessional program.

**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](http://ymcanab.ca/register)

### Childminding

Monday- Saturday, 9am-12pm  
Monday- Thursday, 4:30-8pm

**Kids Klub**  
Sat 9am-12pm

**Teen Night**  
Friday 7-9:45pm

