



Shine On

Adult Group Fitness and Recreation

William Lutsky Family YMCA | June 29 – August 23

Last updated June 8, 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

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

Recreational Sports

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Drop In Youth Conditioning (12-17) 5:30-7pm* July only		Pickleball 5:30-7:30pm (G)	Drop In Youth Conditioning (12-17) 5:30-7pm* July only		Badminton 7:05-8:30am	Pickleball 7:05-9am (G)
			Floor Hockey 8pm-9:45pm (G)		Pickleball 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

Childminding

Monday- Saturday, 9am-12pm

Monday- Thursday, 4:30-8pm

Kids Klub

Sat 9am-12pm

Teen Night

Friday 7-9:45pm

