

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

ymcanab.ca/groupfitness

Last updated 2026-06-08

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
Aquafit – Deep 5:45–6:30am (MP)	Aquafit – Shallow 5:45–6:30am (TP)	Aquafit – Deep 5:45–6:30am (MP)	Aquafit – Shallow 5:45–6:30am (TP)	Aquafit – Deep 5:45–6:30am (MP)		
Cycle 6:15–7am (S)	Bootcamp 5:45–6:30am (S)					
Aquafit – Deep 7–7:45am (MP)	Yoga – Flow 6:45–7:45am (S)	Aquafit – Deep 7–7:45am (MP)	Yoga – Flow 6:45–7:45am (S)	Aquafit – Deep 7–7:45am (MP)		
Aquafit – Deep 8–8:45am (MP)	Aquafit – Shallow 8–8:45am (TP)	Aquafit – Deep 8–8:45am (MP)	Aquafit – Shallow 8–8:45am (TP)	Aquafit – Deep 8–8:45am (MP)	Aquafit – Deep 8–8:45am (MP)	Aquafit – Deep 8–8:45am (MP)
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 (MP)	Aquafit – Shallow 9–9:45am (TP)	Aquafit – Deep 9–9:45am (MP)	Bootcamp – Interval 9–10am (G)	Aquafit – Shallow 9–9:45am (TP)	Barre 9–10am (S)	Yoga –Flow 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)
	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)				
Walking Group 6–7pm (L)		Cardio & Strength – Synrgy360 7:15–8pm (FC)	Cardio Dance – Zumba 7:15–8:15pm (S)			
Aquafit – Shallow 7–7:45pm (TP)	Aquafit – Shallow 7:45–8:30pm (TP)	Aquafit – Shallow 7:45–8:30pm (TP)	Aquafit – Aqua Zumba 7:45–8:30pm (TP)			
Aquafit – Aqua Zumba 8–8:45pm (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 | (MP) Main Pool | (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

