



Shine On

ymcanab.ca/groupfitness

# Adult Group Fitness and Recreation

Castle Downs Family YMCA | September 7 – December 20 2026

Last updated 2026-08-19

## HOURS OF OPERATION

M– F: **6am–10pm** | Weekends: **7am–8pm**

Statutory Holidays (open on rotation): Labour Day September 7, Open 8am-4pm | Thanksgiving Day, October 12, Closed | Remembrance Day Novemeber 11, Open 8am-4pm

| MONDAY                                                | TUESDAY                                            | WEDNESDAY                                                    | THURSDAY                                               | FRIDAY                                  | SATURDAY                                         | SUNDAY                                                     |
|-------------------------------------------------------|----------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------|-----------------------------------------|--------------------------------------------------|------------------------------------------------------------|
| EARLY MORNING                                         |                                                    |                                                              |                                                        |                                         |                                                  |                                                            |
| TRX<br>8-9am<br>(S1&2)                                |                                                    | TRX<br>8-9am<br>(S1&2)                                       |                                                        | Total Tone<br>8-8:30am<br>(S1&2)        |                                                  |                                                            |
|                                                       |                                                    |                                                              |                                                        | Cycle<br>8:30-9am<br>(S1&2)             |                                                  |                                                            |
| Strength<br>9:15-10:15am<br>(G)                       | Aquafit –Deep<br>9-9:55am<br>(MP)                  | Aquafit– Shallow<br>9-9:55am<br>(MP)                         | Bootcamp<br>9:15-10:15am<br>(G)                        | Aquafit– Shallow<br>9-9:55am<br>(MP)    |                                                  | Cycle<br>8:30-9:30am<br>(S1&2)                             |
| Aquafit –<br>Shallow/Deep<br>10-10:55am(MP)           | Cycle & Strength<br>9:15-10:15am<br>(S1&2)         | Core<br>9:15-10:15am<br>(S1&2)                               | Aquafit– Deep<br>10-10:55am<br>(MP)                    |                                         | Cycle<br>9-9:45am<br>(S1&2)                      | Cardio &<br>Strength-<br>Synrgy360<br>9:30-10:15am<br>(FC) |
|                                                       | Stretch & Mobility<br>10:30-11:15am<br>(S3)        | Cardio & Strength–<br>Gentle Fit<br>9:15- 10am<br>(S3)       | Stretch & Mobility<br>10:30-11:15am<br>(S3)            | Strength<br>9:15-10:15am<br>(G)         | HIIT<br>10-10:45am<br>(S1&S2)                    | Yoga– Flow<br>9:45-10:45am<br>(S3)                         |
| LATE MORNING (11am) & AFTERNOON                       |                                                    |                                                              |                                                        |                                         |                                                  |                                                            |
| Cardio & Strength<br>10:30-11:30am<br>(G)             | Tai Chi<br>10:30-11:30am<br>(S1&2)                 | Cycle<br>10:30-11:15am<br>(S1 & S2)                          | Tai Chi<br>10:30-11:30am<br>(S1&2)                     | Cardio Dance<br>10:30-11:30am<br>(S1&2) |                                                  | Cardio Dance–<br>Zumba<br>11-12pm<br>(S3)                  |
| Yoga– Flow<br>10:30-11:30am<br>(S3)                   |                                                    | Yoga-Restorative<br>10:30-11:30am<br>(S3)                    | Aikido<br>11:30-1pm<br>(S3)                            | Yoga – Flow<br>10:30-11:30am<br>(S3)    | Yoga – Flow<br>11-12:15pm<br>(S3)                |                                                            |
|                                                       | Cardio & Strength<br>Gentle Fit<br>12-1pm<br>(G)   | Cardio Dance- Learn to<br>Dance<br>11:30am-12:30pm<br>(S1&2) | Cardio & Strength<br>Gentle Fit<br>12-1pm<br>(G)       |                                         | Cardio Dance-<br>Zumba<br>12:30-1:30pm<br>(S1&2) |                                                            |
| Aquafit- Bridge to<br>Wellness<br>1:15-2:00pm<br>(TP) | Bridge to Wellness<br>1:15-2:15pm<br>(S1&2)        | Aquafit- Bridge to<br>Wellness<br>1:15-2:00pm<br>(TP)        | Bridge to Wellness<br>1:15-2:15pm<br>(S1&2)            |                                         |                                                  | Aquafit<br>Shallow/Deep<br>1-1:45pm<br>(MP)                |
|                                                       |                                                    |                                                              | Bridge to Wellness<br>Level 2<br>2:30-3:30pm<br>(S1&2) |                                         |                                                  |                                                            |
| EVENING                                               |                                                    |                                                              |                                                        |                                         |                                                  |                                                            |
| Cardio & Strength-<br>Synrgy360<br>5-5:45pm<br>(FC)   | Core<br>5-5:45pm<br>(S3)                           | Total Tone<br>5-5:45pm<br>(S1&2)                             | Core<br>5-5:45pm<br>(S3)                               | Total Tone<br>5-5:45pm<br>(S1&2)        |                                                  |                                                            |
| Strength<br>6-7pm<br>(G)                              | Stretch and Mobility<br>6-6:30pm<br>(S2)           | Cardio Dance-Zumba<br>6-7pm<br>(G)                           | Cardio & Strength-<br>Synrgy360<br>6-6:45pm<br>(FC)    | Yoga– Flow<br>6-7pm<br>(S3)             |                                                  |                                                            |
|                                                       | Aikido<br>6-7:30pm<br>(S3)                         |                                                              |                                                        |                                         |                                                  |                                                            |
| Cardio Dance-<br>Zumba<br>7:15-8:15pm<br>(G)          | Cardio Dance-<br>High-Low<br>7:15-8:15pm<br>(S1&2) | Strength<br>7:15-8:15pm<br>(G)                               | Cardio Dance-<br>Zumba<br>7:15-8:15pm<br>(S3)          |                                         |                                                  |                                                            |
| Yoga<br>7:30-8:30pm<br>(S3)                           |                                                    | Yoga<br>7:30-8:30pm<br>(S3)                                  | Yoga<br>7:30-8:30pm<br>(S1&2)                          |                                         |                                                  |                                                            |

## Recreational Sports (G)

| MONDAY                       | TUESDAY                      | WEDNESDAY                   | THURSDAY                      | FRIDAY                       | SATURDAY                         | SUNDAY                            |
|------------------------------|------------------------------|-----------------------------|-------------------------------|------------------------------|----------------------------------|-----------------------------------|
|                              |                              |                             |                               |                              |                                  |                                   |
| Open Gym<br>6–7am            | Basketball<br>6–8am          | Open Gym<br>6–7am           | Open Gym<br>6–7:50am          | Open Gym<br>6–7am            | Badminton/Pickleball<br>7-8:50am | Basketball<br>7-8:50am            |
| Badminton<br>7:10-9am        | Open Gym<br>8–9:45am         | Badminton<br>7:10-10:45am   | Pickleball<br>8-9am           | Badminton<br>7:10-9am        | Basketball<br>9am–9:45am         | Badminton/Pickleball<br>9-10:30am |
| Pickleball<br>11:45am-2:45pm | Pickleball<br>10-11:45am     | Open Gym<br>11am–12pm       | Pickleball<br>10:30am-11:45am | Pickleball<br>10:30am-1:30pm |                                  |                                   |
| Open Gym<br>3–4pm            | Pickleball<br>1:15–3pm       | Pickleball<br>12:15:-3:15pm |                               | Open Gym<br>1:45–5pm         |                                  | Pickleball<br>2:45-4:45pm         |
|                              | Open Gym<br>3:15–4:45pm      | Open Gym<br>3:30–4pm        | Open Gym<br>1:15–2pm          |                              |                                  |                                   |
| Basketball<br>4–5:45pm       |                              | Basketball<br>4–5:45pm      | Basketball<br>2–3:45pm        | Basketball<br>5–6:45pm       |                                  |                                   |
| Open Gym<br>8:30–9:50pm      | Adult Volleyball<br>8–9:45pm | Open Gym<br>8:30–9:50pm     | Open Gym<br>8–9:50pm          |                              | Open Gym<br>4:45–7:50pm          | Open Gym<br>5–7:50pm              |

Legend: (S1&2) Studio 1 and 2 (S3) Studio 3 (G) Gym (MP) Main Pool (FC) Fitness Centre (MPR) Multipurpose Room

Note: Bridge to Wellness and select Cardio Dance classes are registered sessional programs.

Registration: Pre-Registration is required for everything except open gym, badminton, pickleball, basketball and Adult Volleyball.

Childminding (MPR3)  
Monday–Friday, 9:00am- 12:00pm

Childminding (MPR3) & Kids Club  
(MPR3- except Friday- MPR 1)  
Monday–Friday, 5pm- 8pm  
Saturday, 9:30am–12:30pm

