

HOURS OF OPERATION

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

ymcanab.ca/groupfitness

Holidays: Labour Day, Sept 7, open 8-4, Truth & Reconciliation Sept 30, closed, Thanksgiving Oct 12, open 8-4, Remebrance Day Nov 11, closed, Christmas Eve Dec 24, Open 5:30-4pm, Christmas Day Dec 25, closed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
	Total Tone 6:15-6:45am (MPR)	Cycle 6:00-6:45am (FC)	Bootcamp 6:00-6:45am (G)			
	Aquafit – Shallow/Deep 8-8:45am (MP)	Yoga 7:45-8:40am (MPR)	Aquafit – Shallow/Deep 8-8:45am (MP)		Cycle 8-8:45am (FC)	
Core 8:15-8:45am (G)	Total Tone 8:15-8:45am (MPR)	Core 8:15-8:45am (G)	Total Tone 8:15-8:45am (MPR)	Core 8:15-8:45am (G)	Total Tone 8:10-8:40am(MPR)	
Strength 9-9:55am (G)	Cardio & Strength 9-9:55am (G)	Strength 9-9:55am (G)	Cardio & Strength 9-9:55am (G)	Strength 9-9:55am (G)	Bootcamp 9-9:55am (G)	
Cardio Kickboxing 9-9:55am (MPR)	Yoga- Chair 9-9:55am (MPR)	Stretch & Mobility 9-9:55am (MPR)	Yoga- Chair 9-9:55am (MPR)	Tai Chi 9-9:55am (MPR)		Yoga 9-9:55am (MPR)
Cycle 9-9:55am (FC)	Cycle-Gentle fit 9-9:45am (FC)		Cardio & Strength– Synrgy360 9-9:45am (FC)	Cycle 9-9:55am (FC)	Cardio & Strength Synrgy360 9-9:45am (FC)	Cardio & Strength Synrgy360 9-9:45am (FC)
Aquafit – Shallow/Deep 9-9:45am (MP)	Aquafit – Shallow 9-9:45am (MP)	Aquafit – Shallow/Deep 9-9:45am (MP)	Aquafit – Shallow 9-9:45am (MP)	Aquafit – Shallow/Deep 9-9:45am (MP)		Advanced-Tai Chi 9-9:55am (S2) *Starts Nov 1
LATE MORNING (10am) & AFTERNOON						
Cardio Dance – Zumba 10:05-11am (G)	Strength-Gentle fit 10:05-11:00am (G)	Cardio Dance – Zumba 10:05-11am (G)	Strength-Gentle fit 10:05-11:00am (G)	Cardio Dance – Zumba 10:05-11am (G)	Cardio Dance – Zumba 10:05-11am (G)	Cardio Dance – Zumba 10:05-11am (G)
Essentrics 10:05- 11am (MPR)	Yoga 10:05- 11am (MPR)	Barre 10:15- 11am (MPR)	Yoga 10:05- 11am (MPR)	Yoga 10:05- 11am (MPR)	Yoga 10:05- 11am (MPR)	Stretch & Mobility 10:05- 11am (MPR)
	Cardio & Strength– Synrgy360 10:05-10:50am (FC)	Core 11:15-11:45pm (S2)	Cycle-Gentle fit 10:05-10:50am (FC)	Aquafit – Warm Water 10-10:45am (TP)		
Total Tone 11:15-11:45pm (MPR)	Bridge to Wellness 11:10-12:05pm (MPR)	Essentrics 11:10-12:05pm (MPR)	Bridge to Wellness 11:10-12:05pm (MPR)	Yoga- Chair 11:10-12:05pm (MPR)	Yoga-Restorative 11:10-12:05pm (MPR)	
Stretch & Mobility 12:05-1pm (S2)		Yoga 12:05-1pm (S2)	Stretch & Mobility 11:10-12:05 (S2)	Essentrics 12:05-1pm (S2)		
Aquafit – Shallow/Deep 12:15-1:00pm (MP)	Aquafit – Shallow/Deep 12:15-1:00pm (MP)		Aquafit – Shallow/Deep 12:15-1:00pm (MP)			
EVENING						
Total Tone 5:30-6pm (MPR)	Yoga 5-5:55pm (MPR)	Strength-Gentle fit 5-5:55pm (MPR)	Learn to Run 5:30-6:30pm *Sept 10-Oct 29			
Bootcamp 6-6:55pm (G)	Strength -LIFT 6-6:55pm (G)			Cardio & Strength 6-6:55pm (S2)		
Barre 6:15-7pm (MPR)		Barre 6:15-7pm (MPR)	Core 6:15-6:45pm (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)	Cardio & Strength– Synrgy360 7:05-7:50pm (FC)	Cardio Dance - Zumba 7:05-8:00pm (MPR)		
Yoga 7:05-8:00pm (MPR)	Tai Chi 7:05-8:00pm (MPR) *Sept 15-Nov 24	Yoga 7:05-8:00pm (MPR)	Yoga 7:05-8:00pm (MPR)			
Aquafit – Shallow 8:10-8:55pm (MP)	Tai Chi Qi Gong 8:05-9:00pm (MPR) *Sept 15-Nov 10	Aquafit – Shallow 8:10-8:55pm (MP)	Stretch & Mobility 8:05-9:00pm (MPR)			

Recreational Sports

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:30-8:50am	Open Gym 7:00-7:50am	Open Gym 5:30-8:00am	Open Gym 5:30-7:50am	Open Gym 5:30-8:00am	Badminton 7:05-8:30am	Pickleball 7:05-9am (G)
Pickleball 12pm-2pm (G)	Open Gym 11:00-11:50am	Pickleball 11:30-1pm (G)	Pickleball 12pm-2pm (G)	Pickleball 11:30-1pm (G)		
Open Gym 2:10pm-5pm	Pickleball 12pm-2pm (G)	Pickleball 1pm-2:30pm (G)	Open Gym 2:10pm-3:50pm	Pickleball 1pm-2:30pm (G)	Half Gym 4:10pm-6:10pm	Open Gym 9:00pm-10:50am
Half Gym 5-5:45pm, 7-8pm	Open Gym 2:10pm-3:50pm	Open Gym 2:40pm-4:50pm	Half Gym 4-7:50pm	Open Gym 2:40pm-4:50pm		
Open Gym 8:05pm-9:45pm	Open Gym 8:05pm-9:45pm	Open Gym 8:05pm-9:45pm	Floor Hockey 8pm-9:45pm (G)		Open Gym 6:10pm-8:45pm	Open Gym 3:10pm-8:45pm

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

Note: Green Shaded classes are registered sessional programs.

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, 8:30am-12pm
Monday- Thursday, 4:15-8pm

Teen Night
Friday 7-9:45pm

Girls Night
Saturday 4:30-6:00pm

