



Adult Group Fitness and Recreation

William Lutsky Family YMCA | Aug 24-Sept 6
Last updated Aug 4, 2026

HOURS OF OPERATION

M– F: **5:30am–10pm** | Weekends: **7am–9pm**
Pool Closed Aug 24-Sept 6 for annual maintenance
Statutory Holidays: Sept 7, Labour Day Open 8-4, No Group Fitness

ymcanab.ca/groupfitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
	Cardio & Strength - Gentle fit 8-8:45am (S2) <i>*in lieu of Aquafit</i>	Yoga 7:45-8:40am (S2)	Cardio & Strength - Gentle fit 8-8:45am (MPR) <i>*in lieu of Aquafit</i>	Core 8:15-8:45am (S2)		
Yoga 9-9:55am (MPR)	Core 8:15-8:45am (MPR)			Strength 9-9:55am (G)	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)	Cycle 9-9:55am (FC)	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)	Tai Chi 9-9:55am (MPR)	Synrgy 9-9:45am (FC)	Yoga 9-9:55am (MPR)
Cardio & Strength - Gentle fit 9-9:45am (S2) <i>*in lieu of Aquafit</i>	Yoga- Chair 9-9:55am (MPR)	Cardio & Strength - Gentle fit 9-9:45am (S2) <i>*in lieu of Aquafit</i>	Yoga- Chair 9-9:55am (MPR)	Cardio & Strength - Gentle fit 9-9:45am (S2) <i>*in lieu of Aquafit</i>		
			Yoga 10:05- 11am (MPR)			
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)
Stretch & Mobility 10:05- 11am (MPR)		Stretch & Mobility 10:05- 11am (MPR)	Stretch & Mobility 11:10-12:05 (S2)	Yoga 10:05- 11am (MPR)	Yoga 10:05- 11am (MPR)	
		Core 11:15-11:45pm (S2)			Yoga- Restorative 11:10-12:05pm (MPR)	
EVENING						
Barre 6-6:45pm (MPR)	Yoga 5:30-6:25 (MPR)					
Bootcamp 6-6:55pm (G)	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 (MPR)			

Recreational Sports

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Pickleball 5:30-6:50pm (G)			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

