Shine On
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Adult Group Fitness and Recreation

Castle Downs Family YMCA | September 7 – December 20 2026

Last updated 2026-10-28

HOURS OF OPERATION
M– F: **6am–10pm |** Weekends: **7am–8pm**
Statutory Holidays (open on rotation): Labour Day September 7, Open 8am-4pm | Truth and Reconciliation Day September 30, Closed | Thanksgiving Day, October 12, Open 8am-4pm | Rememberance Day Novemeber 11, Closed

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

Recreational Sports (G)

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

Legend: (S1&2) Studio 1 and 2 (S3) Studio 3 (G) Gym (MP) Main Pool (TP) Teach 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