

HOURS OF OPERATION
M–F: **5:30am–10pm** | Weekends: **7am–9pm**
Statutory Holidays (open on rotation): Open 8am-4pm Wednesday September 30th & Wednesday November 11; no group fitness classes. CLOSED Monday September 7th & Monday October 12th.

ymcanab.ca/groupfitness
Last updated 2026-10-16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
Aquafit – Deep 5:45–6:30am (TP)	Aquafit – Shallow 5:45–6:30am (TP)	Aquafit – Deep 5:45–6:30am (TP)	Aquafit – Shallow 5:45–6:30am (TP)	Aquafit – Deep 5:45–6:30am (TP)		
Cycle 6:15–7am (S)	Bootcamp – Circuit 5:45–6:30am (S)	Cycle 6:15–7am (S)	Yoga – Flow 6:45–7:45am (S)	Cycle 6:15–7am (S)		
Aquafit – Deep 7–7:45am (TP)	Aquafit – Shallow 8–8:45am (TP)	Aquafit – Deep 7–7:45am (TP)	Aquafit – Shallow 9–9:45am (TP)	Aquafit – Deep 7–7:45am (TP)		
Aquafit – Deep 8–8:45am (TP)	Aquafit – Shallow 9–9:45am (TP)	Aquafit – Deep 8–8:45am (TP)	Bootcamp – Interval 9–10am (G)	Aquafit – Deep 8–8:45am (TP)	Aquafit – Deep 8–8:45am (TP)	Aquafit – Deep 8–8:45am (TP)
Strength – LIFT 8–8:45am (S)	Cardio & Strength 9–10am (G)	Yoga – Flow 8–8:45am (S)	Strength 9–9:45am (S)	Yoga – Flow 8–8:45am (S)	TotalTone 8:15–8:45am (S)	
Aquafit – Deep 9–9:45am (TP)	Barre 9–9:45am (S)	Aquafit – Deep 9–9:45am (TP)	TotalTone 9:15–9:45am (MPR 2)	Aquafit – Shallow 9–9:45am (TP)	Strength – LIFT 8:15–9:15am (G)	Yoga –Flow 9–9:55am (S)
Cardio Dance – Zumba 9–10am (S)	TotalTone 9:15–9:45am (MPR 2)	Strength 9–9:45am (G)	Baby & Me – Fitness 10–10:45am (MPR 2)	Step 9–10am (G)	Barre 9–10am (S)	
Bootcamp 9–10am (G)	Yoga – Flow 10–10:45am (S)	Step – Beginner 9–9:45am (S)	Cardio & Strength – Synrgy360 10–10:45am (FC)	Cycle 9–9:30am (S)	Step – Advanced 9:30–10:45am (G)	
Cardio & Strength – Synrgy360 10–10:45am (FC)	Strength – Gentle Fit 11am–12pm (S)	Barre 10–10:45am (S)	Aquafit – Shallow 10–10:45am (TP)	Bootcamp 9:30–10am (S)		
LATE MORNING & AFTERNOON						
Yoga – Flow 10:15–11am (S)	Cardio Dance – Zumba 12:15–1:15pm (S)	Cardio & Strength – Gentle Fit 10–11am (G)	Yoga – Restorative 10–10:45am (S)	Aquafit – Shallow 10–10:45am (TP)	Yoga – Flow 10:15–11:15am (S)	Cardio Dance – High Low 10–11am (S)
Cardio & Strength – Gentle Fit 10:15–11:15am (G)		Tai Chi 11am–12pm (S)	Strength – Gentle Fit 11am–12pm (S)	Cardio & Strength – Gentle Fit 10:15–11:15am (G)	Cardio Dance – Zumba 11:30am–12:30pm (S)	Cycle 11:15am–12:15pm (S)
Bridge to Wellness Level I 1–2pm (S)	Bridge to Wellness – Aquafit 1–2pm (TP)	Bridge to Wellness Level II 1–2pm (S)	Bridge to Wellness – Aquafit 12–1pm (TP)	Yoga – Flow 10:15–11:15am (S)	Learn to Dance 12:45–2pm (S)	
Cardio Kickbox 5:15–6pm (S)	Yoga – Flow 1:30–2:30pm (S)		Cardio Dance – Zumba 12:15–1:15pm (S)	Bridge to Wellness Level I 2–3pm (S)		Cardio & Strength – Synrgy360 12–12:45pm (FC)
EVENING						
Aquafit – Shallow 6–6:45pm (TP)		Cycle 6–7pm (S)				
TotalTone 6:15–6:45pm (S)	TotalTone 5:15–5:45pm (S)	Learn to Run 5K 6:15–7:15pm (L)	TotalTone 5:15–5:45pm (S)			
Walking Group 6–7pm (L)	Strength – LIFT 6–7pm (S)	Cardio Dance – Zumba 7:15–8:15pm (S)	Strength 6–7pm (S)			
Cardio Dance – Zumba 7–8pm (S)	Cardio & Strength – Synrgy360 6:30–7:15pm (FC)		Cardio & Strength – Synrgy360 6–6:45pm (FC)			
Aquafit – Shallow 7–7:45pm (TP)	Aquafit – Shallow 7:45–8:30pm (TP)	Aquafit – Shallow 7:45–8:30pm (TP)	Cardio Dance – Zumba 7:15–8:15pm (S)			
Aquafit – Aqua Zumba 8–8:45pm (TP)	Yoga – Restorative 7:15–8:15pm (S)	Yoga – Flow 8:30–9:15pm (S)	Aquafit – Aqua Zumba 8–8:45pm (TP)			
Recreational Sports						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:30–8:45am (G)	Open Gym 5:30–8:45am (G)	Open Gym 5:30–8:45am (G)	Open Gym 5:30–8:45am (G)	Open Gym 5:30–8:45am (G)	Open Gym 7–8am (G)	Open Gym 7–8am (G)
Pickleball Court Bookings 11:30am–12:45pm (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)	Open Gym 3–6:30pm (G)	Badminton Court Bookings 8:15–9:45am (G)
Open Gym 1–4:15pm (G)	Floor Hockey 2:15–4:15pm (G)	Open Gym 2:45–4:15pm (G)	Learn to Play Pickleball 1–2:30pm (G)	Floor Hockey 3:30–5:30pm (G)	Girls Night 6:30–8:30pm (G)	Pickleball Open Play 1–4pm (G)
Open Gym 7:30–9:45pm (G)	Open Gym 8:30–9:45pm (G)	Open Gym 7:30–9:45pm (G)	Open Gym 8:30–9:45pm (G)	Teen Night 6–9:45pm (G)	Open Gym (Half) 6:30–8:45pm	Open Gym 4:15–8:45pm (G)

Legend: (FC) Fitness Centre | (G) Gymnasium | (L) Lobby | (MPR 1) Multi-Purpose Room 1 | (MPR 2) Multi-Purpose Room 2 | (S) Studio | (TP) Teach Pool

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–2:15pm
Mon–Wed 4:30–7:15pm

Kids’ Club (MPR 1)
Sat 8am–12:30pm

