



Castle Downs Family YMCA | Facility Schedule | September 2-8, 2019

Location Address
 11510 – 153 Avenue
 Edmonton, AB T5X 6A3
 780-476-YMCA (9622)

Hours of Operation
 Monday to Friday: **5:30am-10:30pm**
 Weekends: **7am-9pm**

Holiday Hours
Sept 2: 7am-9pm

Group Fitness Limited Space -See Front desk for entry ticket 30mins before

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Sept. 2	Sept. 3	Sept. 4	Sept. 5	Sept. 6	Sept. 7	Sept. 8
		Bootcamp 8:30-9:15am (S3)	HIIT 9:15am-9:45am (S3)	Bootcamp 9:15-10:15am (S3)	Yoga 8-9am (S3)	Yoga 9:30am-11am (S3)
	Tai Chi 10:30-11:30am (S3)	Stretch & Mobility 9:30-10:15am (S3)	Tai Chi 10:30-11:30am (S3)	Yoga 10:30-11:30am(S3)		
		Fusion 10:30am-11:30am (S3)			Zumba® 10-11am (S3)	
	Cardio/Strength Lvl 1 12-1pm (S3)	Yoga 11:45am-12:45pm (S3)	Cardio/Strength Lvl 1 12-1pm (S3)		Synrgy 360 10:30-11:30am (WOC)	
	Bridge to Wellness 1:15-2:15pm (S3)		Bridge to Wellness 1:15-2:15pm (S3)			
Synrgy 360 6:30-7:15pm (WOC)		Synrgy 360 6:30-7:15pm (WOC)		Synrgy 360 6:30-7:15pm (WOC)		
	Strong by Zumba® 7:15-8:15pm (S3)	Zumba® 7:15-8:15pm (S3)	Zumba® 6-7pm (S3)			
			Strong by Zumba® 7:15-8:15pm (S3)			

Limited Space for all classes due to Gym shutdown.
 See front desk for entry tickets up to 30mins before.

Recreational Sports

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sept. 2	Sept. 3	Sept. 4	Sept. 5	Sept. 6	Sept. 7	Sept. 8

Gymnasium CLOSED September 1-6
 Reopen September 7

Childminding 6 weeks- 12 yrs

Mon	Tues	Wed	Thu	Fri	Sat	SUN
Sept 2	Sep 3	Sep 4	Sep 4	Sep 4	Sep 4	Sep 4
CLOSED	9am-12pm 6pm-8pm	9am-12pm 6pm-8pm	9am-12pm 6pm-8pm	9am-12pm	9am-12pm	9am-12pm

Aquatic Schedule

Pool CLOSED September 1- 8
 Reopens September 9