



northernalberta.ymca.ca

Castle Downs Family YMCA

Group Fitness Schedule | JULY 5–AUGUST 29

Hours of Operation

Monday to Friday: **7am–8pm**

Saturdays: **8am–4pm**

Sunday & Statutory Holidays: **Closed**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
Badminton 7:10-9am (G)		Badminton 8:10-11am (G)			Badminton 7:10-11am (G)	
Bootcamp 9:15-10:15am (G)		Aqua Deep 9-10am (MP)		Aqua Deep 9-10am (MP)		
Aqua Deep 10-11am (MP)	Cardio & Strength 9:15-10:15am (G)	Aqua Shallow 9-10am (MP)	Cardio & Strength 9:15-10:15am (G)	Aqua Shallow 9-10am (MP)		
Aqua Shallow 10-11am (MP)				Cycle 10:15-11:15am (S2)		
		Yoga 10:30-11:15am (S2)		Yoga 10:30-11:15am (S2)	Cycle 10:15-11:15am (S2)	
LATE MORNING & AFTERNOON						
	Gentle Fit 12-1 pm (G)		Gentle Fit 12-1 pm (G)			
Pickleball 12:25-2:15pm (G)		Pickleball 12:10-2pm (G)		Pickleball 12:10-2pm (G)		
EVENING						
	Volleyball (18+yrs) 5:45-7:45pm (G)					
Cardio Dance - Zumba 6:30-7:30pm (G)		Cardio Dance - Zumba 6:30-7:30pm (G)				

It's at times like these that we remain deeply committed to doing what we do best: creating communities where everyone can connect, belong and thrive in the Edmonton region. Be the difference for children, youth, individuals and families in your community by giving to the Y at northernalberta.ymca.ca/Give today.