



Jamie Platz Family YMCA

Group Fitness Schedule | JULY 5–AUGUST 29

Hours of Operation

Monday to Friday: **6am–8pm**

Weekends: **8am–4pm**

Sunday & Statutory Holidays: **Closed**

7121 178 Street
Edmonton, AB T5T 5T9
(780) 481-**YMCA** (9622)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
Aqua Deep 8-8:45am (TP)	Aqua Shallow 8-8:45am (TP)	Aqua Deep 8-8:45am (TP)	Aqua Shallow 8-8:45am (TP)	Aqua Deep 8-8:45am (TP)	Aqua Deep 8-8:45am (TP)	
Aqua Deep 9-9:45am (TP)	Aqua Shallow 9-9:45am (TP)	Aqua Deep 9-9:45am (TP)	Aqua Shallow 9-9:45am (TP)	Aqua Shallow 9-9:45am (TP)		
Cardio Dance - Zumba 9-10am (S)	Strength 9-10am (G)	Strength 9-9:45am (G)	Bootcamp 9-10am (G)	Step 9-10am (G)	Barre 9-10am (S)	
					Step 9:30-10:45am (G)	
		Cardio & Strength L1 10-10:45am (G)		Yoga 10-11am (S)	Yoga 10:15-11:15am (S)	
LATE MORNING & AFTERNOON						
	Floor Hockey 12-1:50pm (G)		Zumba 12-1 pm (S)	Floor Hockey 12-1:50pm (G)	Zumba 11:30 am-12:30pm (S)	
Yoga 1-2pm (S)						
EVENING						
	Core 5:15-5:45pm (S)					
Zumba 6-7pm (S)	Strength-LIFT 6-7pm (S)	Cycle 6-7pm (MPR)	Strength 6-7pm (S)			
Aqua Deep 7-7:45pm (TP)	Aqua Shallow 7-7:45pm (TP)	Cardio Dance - Zumba 7-7:45pm (S)	Aqua Shallow 7-7:45pm (TP)			
		Aqua Deep 7-7:45pm (TP)	Zumba 7:15-7:45pm (S)			

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.