



[northernalberta.ymca.ca](http://northernalberta.ymca.ca)

# Castle Downs Family YMCA

## Group Fitness Schedule | Sept 13-Oct 30

### Hours of Operation

Monday to Friday: **7 am–9 pm**

Saturdays: **8 am–4 pm**

Sunday & Statutory Holidays: **Closed**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>						
<b>Strength-TRX</b> 8-9 am (S1,2)		<b>Strength-TRX</b> 8-9 am (S1,2)		<b>Cycle</b> 8:30-9:15 am (S1,2)		
<b>Bootcamp</b> 9:15-10:15 am (G)	<b>Aquafit Deep</b> 9-9:50 am (MP)	<b>Aquafit Shallow</b> 9-9:50 am (MP)	<b>Cardio &amp; Strength</b> 9:15-10:15 am (G)	<b>Aquafit Shallow</b> 9-9:50 am (MP)		
<b>Aquafit Deep</b> 10-10:50 am (MP)	<b>Cycle</b> 9:15-9:45 am (S1,2)		<b>Aquafit Deep</b> 10-10:50 am (MP)	<b>Barre – Women ONLY</b> 9:30-10:15 am (S3)	<b>Cycle</b> 9:30-10:30 am (S1,2)	
<b>Aquafit Shallow</b> 10-10:50 am (MP)	<b>Bootcamp</b> 9:45-10:15 am (S1,2)					
<b>Cardio &amp; Strength</b> 10:30-11:30 am (G)	<b>Yoga</b> 10:30-11:30 am (S1,2)	<b>Yoga</b> 10:30-11:30 am (S3)	<b>Cardio Dance</b> 10:30-11:15 pm (S1,2)	<b>Yoga</b> 10:30-11:30 am (S3)	<b>Yoga</b> 10:15-11:45 am (S1,2)	
<b>LATE MORNING &amp; AFTERNOON</b>						
	<b>Cardio &amp; Strength</b> <b>Gentle Fit</b> 12-1 pm (G)		<b>Cardio &amp; Strength</b> <b>Gentle Fit</b> 12-1 pm (G)			
<b>EVENING</b>						
<b>Yoga</b> 5:30-6:30pm (S3)						
<b>Cardio Dance - Zumba</b> 7-8 pm (G)	<b>Cycle</b> 6:30-7:30 pm (S1,2)	<b>Cardio Dance - Zumba</b> 6:30-7:30 pm (G)	<b>Strength-TRX</b> 6-7 pm (S1,2)			
		<b>Yoga</b> 7:45-8:45 pm (S1,2)				
	<b>Aquafit Shallow</b> 8-8:50 pm (MP)					

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](http://northernalberta.ymca.ca/Give) today.