



# Jamie Platz Family YMCA

## Group Fitness Schedule | September 7 – October 30

### Hours of Operation

Monday to Friday: **6am–9pm**  
 Saturday & Sunday: **8am–4pm**  
 Statutory Holidays: **Closed**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>EARLY MORNING</b>						
<b>Aquafit Deep</b> 6:00–6:45 am (TP)		<b>Aquafit Deep</b> 6:00–6:45 am (TP)				
		<b>Cycle</b> 6:15–7:00 am (S)				
<b>Aquafit Deep</b> 7:00–7:45 am (TP)		<b>Aquafit Deep</b> 7:00–7:45 am (TP)		<b>Aquafit Deep</b> 7:00–7:45 am (TP)		
<b>Aquafit Deep</b> 8:00–8:45 am (TP)	<b>Aquafit Shallow</b> 8:00–8:45 am (TP)	<b>Aquafit Deep</b> 8:00–8:45 am (TP)	<b>Aquafit Shallow</b> 8:00–8:45 am (TP)	<b>Aquafit Deep</b> 8:00–8:45 am (TP)	<b>Aquafit Deep</b> 8:00–8:45 am (TP)	<b>Aquafit Deep</b> 8:00–8:45 am (TP)
<b>Strength – Lift</b> 8:00–8:45 am (G)	<b>Strength – TRX</b> 8:00–8:45 am (G)				<b>Strength – Lift</b> 8:15–9:15 am (G)	
<b>Aquafit Deep</b> 9:00–9:45 am (TP)	<b>Aquafit Shallow</b> 9:00–9:45 am (TP)	<b>Aquafit Deep</b> 9:00–9:45 am (TP)	<b>Aquafit Shallow</b> 9:00–9:45 am (TP)	<b>Aquafit Shallow</b> 9:00–9:45 am (TP)	<b>Barre</b> 9:00–10:00 am (S)	<b>Yoga</b> 9:00–10:00 am (S)
<b>Cardio Dance – Zumba</b> 9:00–10:00 am (S)	<b>Strength</b> 9:00–10:00 am (G)	<b>Strength</b> 9:00–9:45 am (G)	<b>Bootcamp Interval</b> 9:00–10:00 am (G)	<b>Step</b> 9:00–10:00 am (G)	<b>Step - Advanced</b> 9:30–10:45 am (S)	
<b>Cardio and Strength – Gentle Fit</b> 10:00–11:00 am (G)	<b>Cardio Dance – Zumba</b> 10:00–10:45 am (S)	<b>Cardio &amp; Strength – Gentle Fit</b> 10:00–11:00 am (G)		<b>Yoga</b> 10:15–11:15 am (S)	<b>Yoga</b> 10:15–11:15 am (S)	<b>Cardio Dance – High Low</b> 10:15–11:00 am (S)
	<b>Core</b> 10:15–10:45 am (FC)	<b>Barre</b> 10:15–11:00 am (S)				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LATE MORNING &amp; AFTERNOON</b>						
	<b>Strength – Gentle Fit</b> 11:00–12:00 pm (S)	<b>Tai Chi</b> 11:00–12:00 pm (MPR)				
			<b>Cardio Dance – Zumba</b> 12:00–1:00 pm (S)		<b>Cardio Dance – Zumba</b> 11:30–12:30 pm (S)	<b>Cycle</b> 11:15–12:15 pm (S)
<b>Yoga</b> 1:00–2:00 pm (S)					<b>Cardio Dance – Gentle Fit</b> 12:45–1:45 pm (S)	<b>Yoga Chi</b> 12:30–1:30 pm (S)

<b>EVENING</b>						
	<b>Core</b> 5:15–5:45 pm (S)		<b>Cardio Dance – High Low</b> 5:00–5:45 pm (S)			
<b>Cardio Dance – Zumba</b> 6:00–7:00 pm (S)	<b>Strength – Lift</b> 6:00–7:00 pm (S)	<b>Cycle</b> 6:00–7:00 pm (S)	<b>Strength</b> 6:00–7:00 pm (S)			
<b>Aquafit Deep</b> 7:00–7:45 am (TP)	<b>Aquafit Shallow</b> 7:00–7:45 pm (TP)	<b>Aquafit Deep</b> 7:00–7:45 pm (TP)	<b>Aquafit Shallow</b> 7:00–7:45 pm (TP)			
	<b>Cycle</b> 7:15–8:00 pm (S)	<b>Cardio Dance – Zumba</b> 7:15–8:15 pm (S)	<b>Cardio Dance – Zumba</b> 7:15–8:15 pm (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](http://northernalberta.ymca.ca/Give) today.

Studio (S), Teach Pool (TP), Gymnasium (G), Multi-Purpose Room (MPR), Fitness Centre (FC)

## Online Live Fitness

### Cardio & Strength Wednesday's 6-7PM

[sign up at ymcahome.ca](http://ymcahome.ca)

discount code available upon request

YMCA MEMBER  
ALL ACCESS WEBSITE

## Improve Your Health With Our Specialty Fitness Classes

### Bridge to Wellness & Alberta Cancer Exercise

Learn more at [northernalberta.ymca.ca/schedule](http://northernalberta.ymca.ca/schedule)