



The Government of Alberta's Restrictions Exemption Program is in effect at all YMCA Health and Wellness Centres: northernalberta.ymca.ca/REP.

northernalberta.ymca.ca/online

Castle Downs Family YMCA

Group Fitness Schedule | November 1–December 18

Hours of Operation

Monday to Friday: **7am–9pm**

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						
Strength-TRX 8-9am (S1,2)		Strength-TRX 8-9am (S1,2)		Cycle 8:30-9:15am (S1,2)		
Bootcamp 9:15-10:15am (G)	Aquafit Deep 9-9:50am (MP)	Aquafit Shallow 9-9:50am (MP)	Strength 9:15-10:15am (G)	Aquafit Shallow 9-9:50am (MP)		
Aquafit Deep 10-10:50am (MP)	Cycle 9:15-9:45am (S1,2)		Aquafit Deep 10-10:50am (MP)	Barre – Women ONLY 9:30-10:15am (S3)		
Aquafit Shallow 10-10:50am (MP)	Bootcamp 9:45-10:15am (S1,2)					
Cardio & Strength 10:30-11:30am (G)	Yoga 10:30-11:30am (S1,2)	Yoga 10:30-11:30am (S3)		Yoga 10:30-11:30am (S3)	Yoga 10:45-11:45am (S1,2)	
LATE MORNING & AFTERNOON						
	Cardio & Strength Gentle Fit 12-1pm (G)		Cardio & Strength Gentle Fit 12-1pm (G)			
EVENING						
Yoga 5:30-6:30pm (S3)						
Cardio Dance - Zumba 7-8pm (G)	Cycle 6:30-7:30pm (S1,2)	Cardio Dance - Zumba 6:30-7:30pm (G)	Strength-TRX 6-7pm (S1,2)			
		Yoga 7:45-8:45pm (S1,2)				
	Aquafit Shallow 8-8:50pm (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 today.

Participants must register for classes.

Studio 1 (S1), Studio 2 (S2), Studio 3 (S3), Main Pool (MP), Gymnasium (G)