



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

Jamie Platz Family YMCA

Group Fitness Schedule | November 1–December 18

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
EARLY MORNING						
Aquafit Deep 6–6:45am (TP)		Aquafit Deep 6–6:45am (TP)				
		Cycle 6:15–7am (S)				
Aquafit Deep 7–7:45am (TP)		Aquafit Deep 7–7:45am (TP)		Aquafit Deep 7–7:45am (TP)		
Aquafit Deep 8–8:45am (TP)	Aquafit Shallow 8–8:45am (TP)	Aquafit Deep 8–8:45am (TP)	Aquafit Shallow 8–8:45am (TP)	Aquafit Deep 8–8:45am (TP)	Aquafit Deep 8–8:45am (TP)	Aquafit Deep 8–8:45am (TP)
Strength – Lift 8–8:45am (G)	Strength – TRX 8–8:45am (G)				Strength – Lift 8:15–9:15am (G)	
Aquafit Deep 9–9:45am (TP)	Aquafit Shallow 9–9:45am (TP)	Aquafit Deep 9–9:45am (TP)	Aquafit Shallow 9–9:45am (TP)	Aquafit Shallow 9–9:45am (TP)	Barre 9–10am (S)	Yoga 9–10am (S)
Cardio Dance – Zumba 9–10am (S)	Strength 9–10am (G)	Strength 9–9:45am (G)	Bootcamp Interval 9–10am (G)	Step 9–10am (G)	Step - Advanced 9:30–10:45am (G)	
Cardio and Strength – Gentle Fit 10–11am (G)	Cardio Dance – Zumba 10–10:45am (S)	Cardio & Strength – Gentle Fit 10–11am (G)		Yoga 10:15–11:15am (S)	Yoga 10:15–11:15am (S)	Cardio Dance – High Low 10:15–11am (S)
	Core 10:15–10:45am (FC)	Barre 10:15–11am (S)				

Participants must register for classes.

Continued on next page.

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

EVENING						
	Core 5:15–5:45pm (S)		Cardio Dance – High Low 5–5:45pm (S)			
Cardio Dance – Zumba 6–7pm (S)	Strength – Lift 6–7pm (S)	Cycle 6–7pm (S)	Strength 6–7pm (S)			
Aquafit Deep 7–7:45pm (TP)	Aquafit Shallow 7–7:45pm (TP)	Aquafit Shallow 7–7:45pm (TP)	Aquafit Shallow 7–7:45pm (TP)			
	Cycle 7:15–8pm (S)	Cardio Dance – Zumba 7:15–8:15pm (S)	Cardio Dance – Zumba 7:15–8:15pm (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.

Participants must register for classes.

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

**Improve Your Health
With Our Specialty
Fitness Classes**



**Bridge to Wellness &
Alberta Cancer Exercise**

Learn more at northernalberta.ymca.ca/schedule

