



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/groupfitness

Castle Downs Family YMCA

Group Fitness Schedule | January 3–February 27

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)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY 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)		
	Cycle 9:15-9:45am (S1,2)					
	Bootcamp 9:45-10:15am (S1 & 2)			Barre – Women ONLY 9:30-10:15am (S3)		
LATE MORNING & AFTERNOON						
Aquafit Deep/Shallow 10-10:50am (MP)			Aquafit Deep 10-10:50am (MP)			
	Yoga 10:30-11:30am (S1 & 2)	Yoga 10:30-11:30am (S3)	Cardio Dance 10:30-11:30am (S1 & 2)	Yoga 10:30-11:30am (S3)		
			Baby & Me – Aquafit 11-11:45pm (MP)			
	Cardio & Strength – Gentle Fit 12-1pm (G)		Cardio & Strength – Gentle Fit 12-1pm (G)		Cardio Dance – Women ONLY 12:30-1:30pm (S3)	
	Bridge to Wellness 1:15-2:15pm (S1 & 2)		Bridge to Wellness 1:15-2:15pm (S1 & 2)			
EVENING						
Yoga 4:30-5:30pm (S3)						
Cardio Dance – Zumba 6:30-7:30pm (G)	Cycle 6:30-7:30pm (S1 & 2)	Cardio Dance – Zumba 6:30-7:30pm (G)	Strength – TRX 6-7pm (S1 & 2)			
	Aquafit Shallow 8-8:50pm (MP)	Yoga 7:45-8:45pm (S3)	Cardio Dance – Zumba 7:15-8:15pm (S3)	Participants must register for classes. Pre-register up to 3 days in advance.		