



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

Jamie Platz Family YMCA

Group Fitness Schedule | January 3–February 27

Hours of Operation

Monday to Friday: **5:30am–10pm**

Saturday & Sunday: **7am–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 (S)	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 9:30–10:45am (G)	
Bootcamp Interval 9–9:45am (G)						

Participants must register for classes.

Pre-register up to 3 days in advance.

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

Continued on next page.



Improve your health with our specialty fitness classes!
Bridge to Wellness & Alberta Cancer Exercise
Learn more at northernalberta.ymca.ca/groupfitness



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LATE MORNING & AFTERNOON						
Cardio and Strength – Gentle Fit 10–11am (G)	Aquafit Shallow 10–10:45am (TP)	Cardio & Strength – Gentle Fit 10–11am (G)	Aquafit Shallow 10–10:45pm (TP)	<i>Baby & Me – Aquafit</i> <i>10–10:45am (TP)</i>	Yoga 10:15–11:15am (S)	Cardio Dance – High Low 10:15–11am (S)
Yoga 10:15–11am (S)	Cardio Dance – Zumba 10–10:45am (S)	Barre 10:15–11am (S)	Cycle 10:15–11am (S)	Yoga 10:15–11:15am (S)		
	Core 10:15–10:45am (FC)					
	Strength – Gentle Fit 11–12pm (S)	Tai Chi 11–12pm (MPR)			Cardio Dance – Zumba 11:30–12:30pm (S)	Cycle 11:15–12:15pm (S)
	Cardio Dance – Zumba 12:15–1:15pm (S)		Cardio Dance – Zumba 12–1pm (S)		Cardio Dance – Learn to Dance 12:45–1:45pm (S)	
	<i>Bridge to Wellness</i> <i>1–2pm (MPR)</i>	<i>Alberta Cancer Exercise (ACE)</i> <i>1–2pm (S)</i>	<i>Bridge to Wellness – Aqua</i> <i>12–12:50pm (TP)</i>	<i>Alberta Cancer Exercise (ACE)</i> <i>1–2pm (S)</i>		
	Yoga 1:30–2:30pm (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 (MPR)		Stretch & Mobility 5:30–6pm (FC)			
	Cycle 6–6:45pm (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)			
		Cardio Dance – Zumba 7:15–8:15pm (S)	Cardio Dance – Zumba 7:15–8:15pm (S)			
			Aquafit Shallow 8–8:45pm (TP)			

Participants must register for classes. Pre-register up to 3 days in advance.

NEW PROGRAM

Hip Hop Dance

Presented by  3RD STREET BEAT

Learn more and register at northernalberta.ymca.ca/register




Baby & Me Aquafit

Designed specifically for parents and babies.

Learn more at northernalberta.ymca.ca/groupfitness


