



# Castle Downs Family YMCA

## Group Fitness Schedule | June 27 – July 3

### Hours of Operation

Monday to Friday: **6am–10pm**

Saturdays: **8am–4pm**

Sundays & Statutory Holidays: **Closed**

11510 153 Avenue  
Edmonton, AB T5X 6A3  
(780) 476–**YMCA** (9622)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>EARLY MORNING</b>						
<b>Strength – TRX</b> 8-9am (S1 & 2)		<b>Strength – TRX</b> 8-9am (S1 & 2)				
<b>Bootcamp</b> 9:15-10:15am (G)	<b>Aquafit Deep</b> 9-9:50am (MP)	<b>Aquafit Shallow</b> 9-9:50am (MP)	<b>Bootcamp</b> 9:15-10:15am (G)			
	<b>Cycle</b> 9:15-9:45am (S1 & 2)	<b>Cycle</b> 9:15-10:15am (S1 & 2)				
	<b>Bootcamp</b> 9:45-10:15am (S1 & 2)	<b>Core</b> 9:15-10:00am (S3)				
<b>LATE MORNING &amp; AFTERNOON</b>						
<b>Aquafit Deep/Shallow</b> 10-10:50am (MP)	<b>Cardio Dance</b> 10:30-11:30am (S1 & 2)		<b>Aquafit Deep</b> 10-10:50am (MP)		<b>Yoga</b> 11am-12:15pm (S3)	
<b>Yoga Chi</b> 10:30-11:45am (S3)		<b>Yoga</b> 10:30-11:30am (S3)	<b>Cardio Dance</b> 10:30-11:30am (S1 & 2)			
	<b>Cardio &amp; Strength – Gentle Fit</b> 12-1pm (G)		<b>Cardio &amp; Strength – Gentle Fit</b> 12-1pm (G)		<b>Cardio Dance – Zumba</b> (Women Only) 12:30-1:30pm (S3)	
<b>EVENING</b>						
<b>Yoga</b> 5-6pm (S3)	<b>Cycle</b> 6:15-7:15pm (S1 & 2)					
<b>Cardio Dance – Zumba</b> 6:30-7:30pm (G)	<b>Cardio &amp; Strength – Synrgy360</b> 7:30-8:15pm (FC)	<b>Cardio Dance – Zumba</b> 6:30-7:30pm (G)	<b>Cardio &amp; Strength – Synrgy360</b> 6-7pm (FC)			
	<b>Aquafit Shallow</b> 8-8:45pm (MP)	<b>Yoga</b> 7:45-8:45pm (S3)	<b>Cardio Dance – Zumba</b> 7:15-8:15pm (S3)			

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

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

**YMCA SUMMER CAMPS**  
Ages 3-15  
Registration is open!  
Camps begin July 4.  
northernalberta.ymca.ca/camps  
ADVENTURE at the Y.

**YMCA Summer Swim Lessons**  
Continue their swim lessons throughout the summer.  
Registration is required.  
northernalberta.ymca.ca/register  
SWIM at the Y.