



Jamie Platz Family YMCA

Group Fitness Schedule | June 27– July 3

Hours of Operation

Monday to Friday: **5:30am–10pm**

Saturdays & Sundays: **7am–7pm**

Statutory Holidays: **Closed**

POOL CLOSED – JUNE 27–July 1

7121 178 Street
Edmonton, AB T5T 5T9
(780) 481–**YMCA** (9622)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
		Cycle 6:15–7am (S)				
					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)	
					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 9:30–10:45am (G)	
Bootcamp Interval 9–9:45am (G)						
LATE MORNING & AFTERNOON						
Cardio & Strength – Gentle Fit 10–11am (G)		Cardio & Strength – Gentle Fit 10–11am (G)			Yoga 10:15–11:15am (S)	Cardio Dance – High Low 10:15–11am (S)
Cardio & Strength – Synrgy 360 10:15–10:45am (FC)	Cardio Dance – Zumba 10:15–11am (S)	Barre 10:15–11am (S)				
Yoga 10:15–11am (S)	Cardio & Strength – Synrgy 360 10:15–10:45am (FC)		Cardio & Strength – Synrgy 360 10:15–10:45am (FC)			
	Strength – Gentle Fit 11:15–12pm (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)	
	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)		Strength 6–7pm (S)			
	Cycle 6–6:45pm (S)	Cycle 6–7pm (S)				
			Cardio Dance – Zumba 7:15–8:15pm (S)			
Barre 7:15–8pm (S)	Yoga 7–8pm (S)	Cardio Dance – Zumba 7:15–8:15pm (S)				
		Yoga 8:30–9:15pm (S)				

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)