



Active Living 55+ Schedule September - December

Monday

Land

- RIPPED – 7:45am
- Fit Forever – 10:00am
- Hatha Yoga (Membertou) - 10:30am
- Ladies Pickleball - 11:00am
- Beginner Basics – 1:15pm
- Getting Started: Functional Strength & Wellness - 1:30pm (Membertou) (Starting October 5th)
- Hatha Yoga – 6:00pm
- Zumba – 7:05pm

Water

- 6:15am - 7:15 am Lane Swim
- 7:30am - 8:30am Aqua Fitness Classes
- 9:45am - 10:45am Adult Leisure Swim/ 2 Lanes
- 10:50am - 11:50am Aqua Recovery
- 12:00pm - 1:00pm: Lane Swim
- 7:00pm – 8:00 pm Aqua Fit
- 8:15pm - 9:15pm Lane Swim

Tuesday

Land

- Hatha Yoga (Membertou) - 7:45am
- Getting Started: Functional Strength & Wellness (Membertou) – 9:15am (Starting October 5th)
- Stronger Together - 10:00am
- Chair Yoga (Membertou) 10:30am
- Beginner Pickleball – 1:05pm
- Beginner Yoga – 6:00pm

Water

- 7:45am - 8:45am Open Swim/2 Lanes
- 8:45am - 9:45am Aqua Fitness
- 10:50am - 11:50am Gentle Aqua Fitness with Debbie
- 12:00pm - 1:00pm Lane Swim
- 1:15pm - 2:15pm Aqua Therapy
- 8:15pm - 9:15pm Lane Swim

Wednesday

Land

- RIPPED – 7:45am
- Grace & Grit (Membertou) - 10:30am
- Gentle Flow Yoga – 11:00am
- Beginner Pickleball – 11:00am
- Getting Started: Functional Strength & Wellness - 1:30pm (Starting October 5th)
- Gentle Flow Yoga (Membertou) – 4:15pm
- Zumba – 7:00pm

Water

- 6:15am - 7:15 am Lane Swim
- 7:30am - 8:30am Aqua Fitness Classes
- 9:45am - 10:45am Adult Leisure Swim/ 2 Lanes
- 10:50am - 11:50am Aqua Recovery
- 12:00pm - 1:00pm: Lane Swim
- 7:00pm – 8:00 pm Aqua Fit
- 8:15pm - 9:15pm Lane Swim

Thursday

Land

- Hatha Yoga (Membertou) - 7:45am
- Getting Started: Functional Strength & Wellness (Membertou) – 9:15am (Starting October 5th)
- Chair Yoga (Membertou) 10:30am
- Living Fit 10:30am
- Beginner Pickleball – 1:05pm

Water

- 8:45am - 9:45am Aqua Fitness
- 11:00am - 12:00pm Lane Swim
- 12:05pm - 1:00pm Lane Swim
- 1:15pm - 2:15pm Aqua Therapy (Registered Program)
- 8:15pm - 9:15pm Lane Swim

Friday

Land

- RIPPED – 7:45am
- Chair Yoga Plus (Membertou) 10:30am
- Line Dancing – 10:30am (Starts October 12th)
- Pickleball– 12:00pm
- Beginner Basics – 1:15pm

Water

- 6:15am - 7:15am Lane Swim
- 7:30am - 8:30am Aqua Fitness
- 9:45am - 10:45am Adult Leisure Swim/ 2 Lanes
- 10:50am - 11:50am Aqua Recovery
- 12:00pm - 1:00pm Lane Swim
- 1:05pm - 2:00pm Lane Swim

Saturday

Land

- Pilates (Beginner/Intermediate) - 7:45am
- Hatha Yoga (Membertou) – 9:30am
- Chair Yoga (Membertou Branch) – 11:30am
- [Saturday Water](#)
- 8:15am - 9:15am: Lane Swim

Sunday

Land

- Yoga -All Levels – 8:10am
- Pickleball 10:00am

Water

- 8:15am - 9:15am: Lane Swim
- 9:30am - 10:30am: Aqua Fitness
- 12:45pm - 1:30pm Adult Learn to Swim
- 5:30pm - 6:30pm Aqua Fitness

Please note that registration is required. You can sign up by visiting capbreton.ymca.ca or scanning QR code:

