



Shine On

YMCA of Newfoundland and Labrador
 Labrador Region
 2 Corporal O'Quinn Blvd.
 P.O. Box 659, Station C
 Happy Valley-Goose Bay, NL AOP 1C0
 www.ymcanl.com
 CRA#108225533RR0001

Group Fitness Schedule – Central Labrador YMCA (June 21 to September 15, 2024)

Hours: Mon.-Fri. 7:30am-9:00pm | Sat.-Sun. 8:30am-9:00pm
Closed: June 24 (June Holiday), July 1 (Canada Day), August 5 (Civic Holiday), September 2 (Labour Day)
 *Schedule is subject to change without notice. View "Notices" tab on ymcanl.com for all the latest details.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning						
		10:30-11:15 Adult Smart Start <i>Turf</i>	10:00-11:00 Active For Life <i>Studio & Turf</i>			10:00-10:30 Core Blaster <i>Studio</i>
<p>All classes require registration. To participate, you must have a YMCA membership or short-term pass. Register in person or online at https://ymcanl.com/online-portals/.</p>						
Early Afternoon						
	12:15-12:45 Shallow Water Aquafit <i>MP</i>	12:15-12:45 Shallow Water Aquafit <i>MP</i>		12:15-12:45 Shallow Water Aquafit <i>MP</i>	12:15-1:00 Cycle Fit (virtual) <i>Studio</i>	12:15-1:00 Deep Water Aquafit <i>MP</i>
	12:15-1:00 Cycle Fit (virtual) <i>Studio</i>					
Evening						
	6:30-7:00 Pound Fitness <i>Studio</i>	5:00-5:30 Boot Camp <i>Studio</i>	6:30-7:00 Pound Fitness <i>Studio</i>	5:00-5:30 Cardio Circuit <i>Studio</i>	4:30-5:00 Strength Development Circuit <i>Studio</i>	
			7:30-8:30 Runners Workshop <i>Turf</i>			