



Shine On

YMCA of Newfoundland and Labrador
 Burin Peninsula Region
 2B Harris Drive, P.O. Box 1308
 Marystown, NL A0E 2M0
www.ymcanl.com
 CRA#108225533RR0001

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

Hours: Mon.-Thurs. 6:00am-8:30pm | Fri. 6:00am-7:00pm | Sat.-Sun. 7:00am-7:00pm
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						
	9:00-9:30 HIIT 12+ Gym	9:00-9:45 Body Blast 12+ Gym	9:00-9:45 Total Body Conditioning 12+ Gym	9:00-9:45 Boot Camp 12+ Gym	10:00-10:45 Aqua Fit 12+ Main Pool	
		10:00-10:45 Aqua Fit 12+ Main Pool	10:00-10:45 Aqua Fit 12+ Main Pool	10:00-10:45 Aqua Fit 12+ Main Pool		
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/.						
Afternoon						
		1:15-2:00 Forever Fit 12+ Gym		1:15-2:00 Functional Fitness 12+ Gym	1:15-2:00 Circuit Training 12+ Gym	
Evening						
		5:30-6:00 HIIT 12+ Gym	5:30-6:15 Boot Camp 12+ Gym	5:00-5:45 Adult Learn to Lift 16+ Gym		