



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

Gymnasium 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						
7:00-8:45 Open Gym	6:00-6:45 Open Gym				7:00-8:45 Open Gym	
9:00-10:30 Indoor Playground	7:00-8:45 Pickleball 12+				9:00-10:30 Indoor Playground	
11:00-4:30 Birthday Rental	9:00-9:30 HIIT 12+	9:00-9:45 Body Blast 12+	9:00-9:45 Total Body Conditioning 12+	9:00-9:45 Boot Camp 12+	9:00-1:00 Open Gym	11:00-4:30 Birthday Rental
	9:45-1:00 Open Gym	10:00-1:00 Open Gym				
Afternoon						
11:00-4:30 Birthday Rental	1:00-6:15 Open Gym	1:15-2:00 Forever Fit 12+	1:00-3:15 Open Gym	1:15-2:00 Functional Fitness 12+	1:15-2:00 Circuit Training 12+	11:00-4:30 Birthday Rental
		2:30-3:30 Children’s Racquetball 5-12	3:30-4:00 Cardio Drumming 5+	2:15-4:45 Open Gym	2:15-4:45 Open Gym	
		3:45-5:15 Open Gym	4:15-5:00 Youth Learn to Lift 12+	All programs (except Indoor Playground) 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/.		
Evening						
4:30-6:45 Open Gym	6:30-7:30 Family Basketball All ages	5:30-6:00 HIIT 12+	5:30-6:15 Boot Camp 12+	5:00-5:45 Adult Learn to Lift 16+	5:00-6:00 Adult Racquetball 15+	4:30-6:45 Open Gym
	7:45-8:15 Open Gym	6:30-7:30 Family Floor Hockey All ages	6:30-8:15 Open Gym	6:00-8:15 Open Gym	6:15-6:45 Open Gym	
		7:45-8:15 Open Gym				