



Shine On

YMCA of Newfoundland and Labrador
 Avalon Peninsula Region
 P.O. Box 21291
 St. John's, NL A1A 5G6
 www.ymcanl.com
 CRA#108225533RR0001

Group Fitness Schedule – Ches Penney Family YMCA (September 16 to December 16, 2024)

Hours: Mon.-Thurs. 6:00am-9:30pm | Fri. 6:00am-8:30pm | Sat.-Sun. 7:15am-7:30pm
Facility: Bob Thorburn Studio (BTS) | RE/MAX Main Pool (MP) | Pro-dive Marine Services Play Pool (PP)
Closed: Sept. 30 (National Day for Truth and Reconciliation), Oct. 14 (Thanksgiving Day), Nov. 11 (Remembrance 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
Early Morning						
10:30-11:30 Yoga BTS	8:30-9:00 Deep Water Fitness MP	9:15-10:00 Aqua Zumba MP	6:15-7:00 Cycle Fit BTS	8:30-9:00 Deep Water Fitness MP	8:30-9:00 Osteo Aqua PP	9:15-10:00 Cycle Fit BTS
	9:15-10:00 Aqua Fit MP	9:15-10:15 Yoga BTS	8:30-9:00 Aqua Strength PP	9:15-10:00 Aqua Jog MP	9:15-10:00 Aqua Fit MP	10:30-11:30 Yoga BTS
	9:15-10:15 Yoga BTS	10:30-11:15 Cycle Fit BTS	8:30-9:00 HIIT BTS	9:15-10:15 Yoga BTS	9:15-10:00 Cycle Fit BTS	
	9:15-10:15 Boot Camp Gym 1		9:15-10:00 Aqua Fit MP	9:15-10:00 Kettlebell Gym 1	10:30-11:30 Yoga BTS	
	10:30-11:15 Functional Fitness Circuit BTS		9:15-10:00 Cycle Fit BTS	10:30-11:15 Cardio Resistance & Core BTS	10:30-11:15 Functional Fitness Gym 1	
	11:00-12:00 Pickleball Intermediate Gym 1		10:30-11:30 Yoga BTS			
	12:05-1:00 Pickleball Intermediate Gym 1 & 2		11:00-1:00 Pickleball Beginner Gym 1 & 2			
Afternoon & Evening						
12:00-1:00 Learn to Lift BTS	12:15-1:00 Cycle Fit BTS	12:15-1:00 Kettlebell BTS	12:15-1:00 Bars & Plates BTS	12:15-1:00 Circuit Training BTS	12:15-1:00 Bars & Plates BTS	1:15-2:30 Pickleball Intermediate Gym 1 & 2
3:40-5:05 Pickleball Beginner Gym 1 & 2	5:30-6:30 Zumba BTS	1:15-2:00 Functional Fitness BTS	4:30-5:15 Pilates BTS	5:15-6:00 Cycle Fit BTS	4:30-5:15 Cycle/Pilates BTS	
	7:35-8:20 Aqua Fit MP	5:30-6:30 Yoga BTS	5:30-6:30 Zumba BTS	7:35-8:20 Aqua Fit MP	7:15-8:30 Pickleball Intermediate Gym 1 & 2	
		7:35-8:20 Aqua Fit MP	6:55-7:25 Adult Swim Lesson MP	All programs (except Indoor Playground) require registration. To participate, you must have a YMCA membership or short-term pass.		
			7:15-8:30 Pickleball Intermediate Gym 1 & 2			
			7:35-8:20 Aqua Fit MP			