



Shine On

**YMCA of Newfoundland and Labrador**  
 Burin Peninsula Region  
 2B Harris Drive, P.O. Box 1308  
 Marystown, NL A0E 2M0  
[www.ymcanl.com](http://www.ymcanl.com)  
 CRA#108225533RR0001

## Group Fitness Schedule – Marystown YMCA (September 16 to December 16, 2024)

**Hours:** Mon.-Thurs. 6:00am-8:30pm | Fri. 6:00am-7:00pm | Sat.-Sun. 7:00am-7:00pm  
**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](http://ymcanl.com) for all the latest details.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning</b>						
	9:00-9:45 <b>Aqua Fit</b> 12+ Main Pool	9:00-9:45 <b>Aqua Fit</b> 12+ Main Pool	9:00-9:45 <b>Aqua Fit</b> 12+ Main Pool	9:00-9:45 <b>Aqua Fit</b> 12+ Main Pool	10:00-10:45 <b>Body Blast</b> 12+ Gym 1 & 2	
	10:00-10:45 <b>Body Blast</b> 12+ Gym 1 & 2	10:00-10:45 <b>Total Body</b> 12+ Gym 1 & 2	10:00-10:45 <b>Strength &amp; Cardio</b> 12+ Gym 1 & 2	10:00-10:45 <b>Ball Fit</b> 12+ Gym 1 & 2		
<b>All classes require registration. To participate, you must have a YMCA membership or short-term pass.</b>						
<b>Afternoon</b>						
		1:15-2:00 <b>Functional Fitness</b> 12+ Gym 1 & 2		1:15-2:00 <b>Forever Fit</b> 12+ Gym 1 & 2		
<b>Evening</b>						
		5:00-5:30 <b>HIIT</b> 12+ Gym 1 & 2	5:00-5:45 <b>Body Blast</b> 12+ Gym 1 & 2	5:00-5:45 <b>Total Body</b> 12+ Gym 1 & 2		