



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 A0P 1C0
 www.ymcanl.com
 CRA#108225533RR0001

Group Fitness Schedule – Central Labrador YMCA (September 16 2024 to June 26 2025)

Hours: Mon.-Fri. 6:00am-9:00pm | Sat.-Sun. 8:30am-9:00pm
Closed: Nov. 11 (Remembrance Day), Dec. 25 (Christmas Day), Dec. 26 (Boxing Day), Jan. 1 (New Year’s Day),
 Apr. 18 (Good Friday), May. 19 (Victoria Day), Jun. 23 (June Holiday)

**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						
			9:00-10:00 Active For Life <i>Studio</i>			
All classes require registration. To participate, you must have a YMCA membership or short-term pass. Register in person or online through the My Y Canada App.						
Early Afternoon						
	12:15-12:45 Cardio Dumbbell Boxing <i>Studio</i>	12:15-12:45 Shallow Water Aquafit <i>MP</i>	12:00-12:45 Cycle Fit <i>Studio</i>	12:15-12:45 Shallow Water Aquafit <i>MP</i>	12:15-12:45 Core Blaster <i>Studio</i>	