



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 2024 to June 26 2025)

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: 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
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
12:00-1:00 Learn to Lift 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
3:40-5:05 Pickleball Beginner/Intermediate Gym 1 & 2	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	1:15-2:30 Pickleball Intermediate Gym 1 & 2
	9:15-10:15 Boot Camp Gym 1	12:15-1:00 Kettlebell BTS	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	1:15-2:00 Functional Fitness 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 Learn to Play Gym 1	5:30-6:30 Yoga BTS	10:30-11:30 Yoga BTS	12:15-1:00 Circuit Training BTS	12:15-1:00 Bars & Plates BTS	
	12:00-1:00 Pickleball Beginner/Intermediate Gym 1 & 2	7:35-8:20 Aqua Fit MP	11:00-12:00 Pickleball Learn to Play Gym 1	5:15-6:00 Cycle Fit BTS	4:30-5:15 Cycle/Pilates BTS	
	12:15-1:00 Cycle Fit BTS		12:00-1:00 Pickleball Beginner/Intermediate Gym 1 & 2	7:35-8:20 Aqua Fit MP	7:15-8:30 Pickleball Intermediate Gym 1 & 2	
	5:30-6:30 Zumba BTS		12:15-1:00 Bars & Plates BTS			
	7:35-8:20 Aqua Fit MP		4:30-5:15 Pilates BTS			
			5:30-6:30 Zumba BTS	<p>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.</p>		
			6:55-7:25 Adult Swim Lesson MP			
			7:15-8:30 Pickleball Intermediate Gym 1 & 2			
			7:35-8:20 Aqua Fit MP			



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