



Shine On

**YMCA of Newfoundland and Labrador**  
 Rural Avalon Peninsula Region  
 81 Blockhouse Road,  
 P.O. Box 204  
 Placentia, NL A0B 2Y0  
 www.ymcanl.com  
 CRA#108225533RR0001

## Group Fitness Schedule – Placentia Regional YMCA (September 16 2024 to June 26 2025)

**Hours:** Mon.-Thurs. 9:00am-10:00pm | Fri. 7:00am-7:00pm | Sat.-Sun. 8:00am-6:00pm  
**Facility:** Multipurpose Room (MPR) | Main Pool (MP) | Play Pool (PP) | Conditioning centre (CC)  
**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](http://ymcanl.com) for all the latest details.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning</b>						
	9:30-10:15 <b>Ball Fit</b> 12+ MPR	9:30-10:15 <b>Chair Fitness</b> 12+ MPR	9:30-10:15 <b>Boot Camp</b> 12+ CC	9:30-10:15 <b>Chair Fitness</b> 12+ MPR	9:30-10:15 <b>Circuit Training</b> 12+ CC	9:45-10:30 <b>Aqua Fit</b> 12+ MP
	10:45-11:30 <b>Fit Families</b> All ages MPR	10:45-11:30 <b>Aqua Fit</b> 12+ MP	10:45-11:30 <b>Functional Fitness</b> 12+ MPR	10:45-11:30 <b>Aqua Fit</b> 12+ MP		11:00-11:45 <b>Yoga</b> 12+ MPR
<b>All classes require registration. To participate, you must have a YMCA membership or short-term pass.            Register in person or online through the <a href="#">My Y Canada App</a>.</b>						
<b>Afternoon</b>						
	3:00-3:45 <b>Kettlebell</b> 12+ MPR	12:00-12:30 <b>Yoga Express</b> 12+ MPR	12:00-12:30 <b>Kettlebell Express</b> 12+ MPR	12:00-12:30 <b>Yoga Express</b> 12+ MPR	12:00-12:30 <b>Boot Camp Express</b> 12+ CC	
		2:45-3:30 <b>Functional Fitness</b> 12+ MPR		2:30-3:15 <b>HIIT</b> 12+ MPR	3:30-4:15 <b>Teen Learn to Lift</b> 12-18 CC	
		3:45-4:30 <b>Circuit Training</b> 12+ MPR		3:30-4:15 <b>Kettlebell</b> 12+ MPR		
<b>Evening</b>						
	5:00-5:45 <b>Circuit Training</b> 12+ MPR		5:00-5:45 <b>Chair Fitness</b> 12+ MPR	7:30-8:15 <b>Circuit Training</b> 12+ MPR		
	6:00-6:45 <b>Align &amp; Flex</b> 12+ MPR		6:00-6:45 <b>Align &amp; Flex</b> 12+ MPR			
	7:00-7:45 <b>Yoga</b> 12+ MPR		7:00-7:45 <b>Ladies Learn to Lift</b> 12+ CC			