



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 (Holiday Schedule - December 20 2024 to January 5 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: Dec. 25 (Christmas Day), Dec. 26 (Boxing Day), Jan. 1 (New Year's 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	
10:30-11:30 Yoga <i>BTS</i>	8:30-9:00 Deep Water Fitness <i>MP</i>			8:30-9:00 Deep Water Fitness <i>MP</i>	8:30-9:00 Osteo Aqua <i>PP</i>	9:15-10:00 Cycle Fit <i>BTS</i>	
12:00-1:00 Learn to Lift <i>BTS</i>	9:15-10:00 Aqua Fit <i>MP</i>			9:15-10:00 Aqua Jog <i>MP</i>	9:15-10:00 Aqua Fit <i>MP</i>	10:30-11:30 Yoga <i>BTS</i>	
3:40-5:05 Pickleball Beginner/Intermediate Gym 1 & 2	9:15-10:15 Yoga <i>BTS</i>			9:15-10:15 Yoga <i>BTS</i>	9:15-10:00 Cycle Fit <i>BTS</i>	1:15-2:30 Pickleball Intermediate Gym 1 & 2	
	9:15-10:15 Boot Camp <i>Gym 1</i>			10:30-11:15 Cardio Resistance & Core <i>BTS</i>	10:30-11:15 Functional Fitness <i>Gym 1</i>		
	10:30-11:15 Functional Fitness Circuit <i>BTS</i>			5:30-6:15 Cycle Fit <i>BTS</i>	7:15-8:30 Pickleball Intermediate Gym 1 & 2		
	11:00-12:00 Pickleball Learn to Play <i>Gym 1</i>			7:35-8:20 Aqua Fit <i>MP</i>			
	12:00-1:00 Pickleball Beginner/Intermediate Gym 1 & 2						
	12:15-1:00 Cycle Fit <i>BTS</i>						
	7:35-8:20 Aqua Fit <i>MP</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.					