



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 (Holiday Schedule - December 20 2024 to January 5 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: 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
Morning						
	9:30-10:15 Yoga 12+ MPR	9:30-10:15 Chair Fitness 12+ MPR		9:30-10:15 Chair Fitness 12+ MPR		9:45-10:30 Aqua Fit 12+ MP
	10:45-11:30 Fit Families All ages MPR	10:45-11:30 Aqua Fit 12+ MP		10:45-11:30 Aqua Fit 12+ MP		11:00-11:45 Yoga 12+ MPR
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.						
Evening						
	5:00-5:45 Circuit Training 12+ MPR					
	6:00-6:45 Align & Flex 12+ MPR					