



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 (January 6 to June 26 2025)

**Hours:** Mon.-Fri. 6:00am-9:00pm | Sat.-Sun. 8:30am-9:00pm  
**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](http://ymcanl.com) for all the latest details.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12:15-12:45 Cardio Dumbbell Boxing Studio	12:15-12:45 Shallow Water Aquafit MP	12:15-12:45 Cycle Fit Studio	12:15-12:45 Shallow Water Aquafit MP	12:15-12:45 Core Blaster Studio	

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.