



Shine On

YMCA of Newfoundland and Labrador
 Burin Peninsula Region
 2B Harris Drive, P.O. Box 1308
 Marystown, NL A0E 2M0
www.ymcanl.com
 CRA#108225533RR0001

Group Fitness Schedule – Marystown YMCA (September 16 2024 to June 26 2025)

Hours: Mon.-Thurs. 6:00am-8:30pm | Fri. 6:00am-7:00pm | Sat.-Sun. 7:00am-7:00pm
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
Morning						
	9:00-9:45 Aqua Fit 12+ Main Pool	9:00-9:45 Aqua Fit 12+ Main Pool	9:00-9:45 Aqua Fit 12+ Main Pool	9:00-9:45 Aqua Fit 12+ Main Pool	10:00-10:45 Body Blast 12+ Gym 1 & 2	
	10:00-10:45 Body Blast 12+ Gym 1 & 2	10:00-10:45 Total Body 12+ Gym 1 & 2	10:00-10:45 Strength & Cardio 12+ Gym 1 & 2	10:00-10:45 Ball Fit 12+ Gym 1 & 2		
<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>						
Afternoon						
	2:00-2:45 Aqua Fit 12+ Main Pool	1:15-2:00 Functional Fitness 12+ Gym 1 & 2	2:00-2:45 Aqua Fit 12+ Main Pool	1:15-2:00 Forever Fit 12+ Gym 1 & 2		
Evening						
		5:00-5:30 HIIT 12+ Gym 1 & 2	5:00-5:45 Body Blast 12+ Gym 1 & 2	5:00-5:45 Total Body 12+ Gym 1 & 2		