



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 for all the latest details.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning						
	9:30-10:15 Ball Fit 12+ MPR	9:30-10:15 Chair Fitness 12+ MPR	9:30-10:15 Boot Camp 12+ CC	9:30-10:15 Chair Fitness 12+ MPR	9:30-10:15 Circuit Training 12+ CC	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 Functional Fitness 12+ MPR	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.						
Afternoon						
	3:00-3:45 Kettlebell 12+ MPR	12:00-12:30 Yoga Express 12+ MPR	12:00-12:30 Kettlebell Express 12+ MPR	12:00-12:30 Yoga Express 12+ MPR	12:00-12:30 Boot Camp Express 12+ CC	
		2:45-3:30 Functional Fitness 12+ MPR		2:30-3:15 HIIT 12+ MPR	3:30-4:15 Teen Learn to Lift 12-18 CC	
		3:45-4:30 Circuit Training 12+ MPR		3:30-4:15 Kettlebell 12+ MPR		
Evening						
	5:00-5:45 Circuit Training 12+ MPR		5:00-5:45 Chair Fitness 12+ MPR	7:30-8:15 Circuit Training 12+ MPR		
	6:00-6:45 Align & Flex 12+ MPR		6:00-6:45 Align & Flex 12+ MPR			
	7:00-7:45 Yoga 12+ MPR		7:00-7:45 Ladies Learn to Lift 12+ CC			