



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

(March 1 to June 26 2025) - Last Revised February 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 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	
		12:15-12:45 Cardio & Strength Studio		12:15-12:45 HIIT 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](#).**