



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 (March 1 to June 26 2025) - Last Revised February 2025

Hours: Mon.-Thurs. 6:00am-8:30pm | Fri. 6:00am-7:00pm | Sat.-Sun. 7:00am-7:00pm
Closed: 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	9:00-9:45 Cycle Fit 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	10:00-10:45 Body Blast 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						
	5:00-5:45 Cycle Fit Gym 1 & 2	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		
		7:00-7:45 Aqua Fit 12+ Main Pool				