



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 (March 9 2025 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:	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						
9:30-10:00 Y@Home Cardio 12+ MPR	9:30-10:15 Y@Home Gentle Fit 12+ MPR	9:30-10:15 Chair Fitness 12+ MPR	9:30-10:15 Interval Training 12+ MPR	9:30-10:15 Chair Fitness 12+ MPR	9:30-10:15 Circuit training 12+ CC	9:30-10:00 Y@Home Gentle Fit 12+ MPR
	10:45-11:30 Aqua Fit 12+ MP	10:45-11:30 Yoga 12+ MPR		10:45-11:30 Yoga 12+ MPR	10:45-11:30 Aqua Fit 12+ MP	
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						
		12:00-12:30 Y@Home Cardio 12+ MPR		12:00-12:30 Y@Home Cardio 12+ MPR		
	4:00-4:45 Ladies Learn to Lift 12+ CC		2:30-3:00 Boot Camp Express 12+ CC		3:30-4:15 Teen Learn to Lift 12-18 CC	
Evening						
5:00-5:30 Y@Home Gentle Fit 12+ MPR	5:00-5:45 Circuit training 12+ MPR	5:00-5:30 Y@Home Yoga & Pilates 12+ MPR	5:00-5:45 Align & Flex 12+ MPR	5:00-5:30 Y@Home Gentle Fit 12+ MPR		5:00-5:30 Y@Home Yoga & Pilates 12+ MPR
	6:00-6:30 Y@Home Cardio 12+ MPR		6:00-6:45 Aqua Fit 12+ MPR		6:00-6:30 Y@Home Yoga & Pilates 12+ MPR	