



# Brighton YMCA

170 Main St.  
Brighton, ON

## NEW Extended Facility Hours

Monday - Thursday	Friday	Saturday	Sunday
6:00am - 9:00pm	6:00am - 7:00pm	8:00am - 2:00pm	9:00am - 2:00pm

## Group Fitness Schedule September 4 - December 24

no classes September 5th or October 10th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 - 10:00am Step	9:00 - 10:00am Interval	9:00 - 10:00am MuscleFit	9:00 - 9:45am CycleFit	9:00 - 10:00pm Interval/HIIT	<b>9:00-10:00am Saturday Special</b>  Sept 10 Step Sept 17 Muscleftit Sept 24 Step  Oct 1 Cyclefit Oct 8 Ball Class Oct 15 Core & Stretch Oct 22 Muscleftit Oct 29 Step  Nov 5 Cyclefit Nov 12 Arriba Nov 19 Core & Stretch Nov 26 Muscleftit  Dec 3 Step Dec 10 Arriba Dec 17 Core & Stretch
10:15 - 11:15am Lite N Lively	10:15 - 11:00 am Arriba	10:15 - 11:15am Lite N Lively	10:15 - 11:15am Ball Class	10:15- 11:15am Yoga	
11:30- 12:30pm Wellness Class	11:15 - 12:15pm Yoga			11:30 - 12:30pm Wellness Class	
6:00 - 7:00pm Strong Bodies	6:00 - 7:00pm Boot Camp	6:00 - 7:00pm Cyclefit / Bootcamp (alternating weeks)	6:00 - 7:00pm Musclefit		

Registration is required for all fitness classes  
**\*\* To register for classes please visit our website [ymcanrt.org](http://ymcanrt.org)**  
 Please ensure we have a current email address on file so you will have access to our on-line registration.

Schedule subject to change.  
 See reverse for class and COVID-19 information



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## Class Descriptions

**Step** - This is a choreographed Step Class Designed to push your cardio into high gear.

**Lite and Lively** - A low impact, low intensity workout using a combination of movements and light weights to increase strenght and develop cardio health.

**Wellness Class** - An exercise program focusing on Chronic Disease Management.

**Strong Bodies** - A moderate intensity fat-burning, muscle-sculpting workout that combines interval training with a total-body strengthbuilding program.

**Interval** - This workout focuses on various intervals improving stength and cardio.

**Arriba** - Is a high energy dance based fitness party where we focus on the 4 basic Latin rhythms - Salsa, Merengue, Cumbia and Reggaeton with a splash of Bollywood, Belly

Dance, Hip Hop and any other rhythm you can move your hips and feet to!

**Yoga** - Increase flexibility, release tension and make the mind and body connection in this class through breathing, postures and relaxation techniques.

**Boot Camp** - Is a type of group physical training program. These programs are designed to build strength and fitness through a variety of types of exercise.

**MuscleFit** - A strength-based group fitness class designed to help participants develop muscular endurance and strength for an active lifestyle. Participants use a barbell and plates to challenge their muscles throughout a choreographed stength routine taught to music.

**CycleFit** - Burn calories and get the heart pumping, ride your way to fitness with great music and motivational instrutors.

**Core & Stretch** - Let's not forget to relax (a bit). This class contains two workouts; we start with introductory stretching that hits every muscle group, and then we are on the mats for an array of different core experiences that are designed to give you a break from everyday crunchies! Always bring a pencil and workout book to track your progress.

**Ball Class** - This moderate class will use a variety of balls including Weighted balls, Bender Balls and Stability Balls.

**Interval/HIIT** - High-intensity interval training will have you giving one hundred percent effor through quick, intense bursts of exercise, followed by short, active recovery periods.

**CardioFit** - This is a choreographed class that accommodates the three pillars of fitness: cardio, strength and flexibility.

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