



# Cobourg YMCA

339 Elgin Street West  
Cobourg, ON

Facility Hours	
Monday - Friday	5:00am - 9:00pm
Saturday	6:30am - 7:00pm
Sunday	7:00am - 5:00pm

All Group Fitness classes are subject to a minimum of three (3) participants.

Unless specified all classes will take place in the ground level fitness studio.

## Group Fitness Schedule September 4 - December 24, 2022

No Classes on September 5 + October 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00-6:45am Cyclefit	6:00 - 6:45am Gravity *	6:00-6:45am Cyclefit	6:00 - 6:45am CycleFit	
7:15-7:45am Core*				6:15-7:00am Bootcamp	
8:00 - 8:45am Gravity *	8:15-8:45am Core*	8:00 - 8:45am Gravity *	8:00-8:45am Gravity*	8:00-8:45am Gravity*	8:00-8:45am Saturday Circuit
9:00-9:45am Gravity*	9:00 - 9:45am Gravity : Prime Time *	9:00 - 10:00am Prime Time	9:00 - 9:45 am Gravity: Prime Time*	9:00 - 9:45am Gravity *	
9:00 - 10:00am Prime Time	9:00am-10:00am Arriba	9:00-9:45am Ball Strength*	9:00 - 10:00am Arriba	9:00 - 10:00 am Prime Time	9:00 - 10:00am Yoga Flow*
10:00 - 10:45am CycleFit	10:15am-11:00am Strong Bodies	10:00 - 10:45am CycleFit	10:15-11:15am Pickleball* (Starts Sept 15)	10:00-10:45am Cyclefit	
10:00 - 10:45am MuscleFit *			10:15 - 10:45am Core*	10:15-11:00am Strong Bodies	
11:15am - 12:15pm Yoga Flow*	11:15 - 12:00pm Baby & Mom*	11:00am - 12:00pm Yoga *		11:15am - 12:15pm Yoga*	
11:30 - 12:00pm Baby Water Bootcamp*			11:00am-12:00pm Restorative Yoga*	11:30 - 12:00pm Baby Water Bootcamp*	
1:00 - 2:00pm Chair Strength/Yoga		1:00 - 2:00pm Chair Strength	11:15-12:15pm Pickleball* (starts Sept 15)		
	5:00 - 5:45pm Gravity *			1:00 - 2:00pm Chair Strength/ Yoga	<b>Sunday</b>
5:30 - 6:15pm Gravity*	6:00-6:45am Cyclefit		5:00 - 5:45pm MuscleFit *		
	7:00-8:00pm Restorative Yoga*	5:30 - 6:15 pm Barre *	6:00 - 6:45pm Cyclefit		
6:00 - 7:00pm Strong Bodies Extreme	7:00-8:00pm Pickleball* (starts Sept 13)	6:00-7:00pm Strong Bodies Extreme			
6:30 - 7:30pm Yoga Flow*	8:00-9:00pm Pickleball * (starts Sept 13)	6:30 - 7:30pm Yoga Flow*			

- Upstairs Studio
- Classes take place in Gynasium
- Baby and Mom Program

**\*Register and sign up for classes on-line at [ymcanrt.org](http://ymcanrt.org)**  
If you cannot attend your booked class, please contact 905 372-0161 to ensure the spot is made available to someone else.

### Aquatic Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:30 - 7:15am Water Power Fitness		6:30 - 7:15am Water Power Fitness		6:30 - 7:15am Water Power Fitness
9:00 - 9:45am AquaFit	9:00 - 9:45am AquaFit	9:00-9:45am AquaFit	9:00 - 9:45am AquaFit	9:00-9:45am AquaFit	



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## Class Descriptions

**Arriba** - A high-energy dance-based fitness party where we focus on the basic Latin rhythms with a splash of Dance, Bollywood, Belly Dance, Hip Hop and any other rhythm you can move your hips and feet to!

**AquaFit** - An excellent low impact, full body workout, great for those with joint pain or recovering from injuries.

**Ball Strength**- A strength based class focusing on stability, balance and coordination. Using the Stability ball to engage the core muscles as well as a full body muscle and conditioning.

**Barre** - For those who want full body strength and cardio experience using dynamic, energizing music. You'll be put through your paces with fun and upbeat choreography.

**Bootcamp**- Held outdoors (weather permitting) Drills and high intensity training using the whole body. Bootcamp develops stamina, strength agility and endurance.

**Chair Strength/ Yoga** - Increase your flexibility and strength through classic Yoga postures adapted for the chair.

**Chair Strength**- Within this class participants will focus on light resistance training using a variety of accessories such as resistance bands, weighted balls and dumbbells.

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

**Core** - This class focuses on building and maintaining overall core strength and stability with a variety of exercises and practices including Pilates, Strength exercises and Yoga. Each instructor will bring their own unique design to their class and may include a variety of props and accessories (or equipment)

**Gravity** - *Book complimentary introduction at front desk before your first class.* You use your own body weight as resistance to strengthen, tone and sculpt. You will engage all major muscle groups and experience a multitude of strength training, core + stretching exercises to improve functional fitness, strength + flexibility.

**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 strength routine taught to music.

**PrimeTime** - Geared to Ages 55+ This gentle intensity workout focused on cardiovascular fitness combines low impact aerobics, strength, and endurance exercises and stretching.

**Prime Time Gravity** - Gravity for older adults (55+) that uses your body weight as resistance to strengthen and tone. Engages all major muscle groups focusing on foundational movement patterns.

**Restorative Yoga** - A relaxing practice that uses seated and reclining postures to release stress, tension, and increase flexibility. All levels welcome.

**Saturday Circuit**- An interval class with a variety of exercises including resistance, endurance, and cardiovascular training all performed in a circuit using different pieces of apparatus and including varying amounts of rest.

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

**Water Power Fitness** - This class welcomes all fitness levels and is designed to improve your cardio, strength, and range of motion in the comfort of water.

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

**Yoga Flow** - Yoga is an Eastern Indian tradition that focuses on balance, flexibility and spirituality. Participants then move into breathing and centering followed by flexibility and balance training. Increase flexibility, release tension and make the mind and body connection in this class through breathing, postures and relaxation techniques

**Baby and Mom - For Moms registered in our Mothers of Newborns program.** Bring baby to the gym! Together Baby & Mom can explore a variety of exercises to improve flexibility, cardiovascular, agility, strength and toning. *Please visit our website for more information about this program.*

**Baby Water Bootcamp -For Moms registered in our Mothers of Newborns program.** Using the properties of water exercises are used to improve your strength and stamina while baby is able to float and play using our baby floating devices. This class is always a Baby favorite!!! *Please visit our website for more information on this program.*

### YMCA Northumberland - Strong Communities Campaign

The YMCA is committed to supporting our community to build healthier communities, create opportunity, foster potential, and encourage belonging. If you require financial assistance for any programs please contact Leanne Clarke at [leanne.clarke@nrt.ymca.ca](mailto:leanne.clarke@nrt.ymca.ca)