



Brighton YMCA
 170 Main St..
 Brighton, ON

Facility Hours				
Sunday	Monday	Tuesday-Thursday	Friday	Saturday
CLOSED	9:00am - 2:00pm	6:00am - 9:00pm	6:00am - 7:00pm	8:00am - 2:00pm

Group Fitness Schedule December 26, 2022 - January 7

Sunday Dec. 25 & Jan. 1	Monday Dec. 26 & Jan. 2	Tuesday Dec. 27 & Jan. 3	Wednesday Dec. 28 & Jan. 4	Thursday Dec. 29 & Jan. 5	Friday Dec. 30 & Jan 6	Saturdays Dec. 31 & Jan. 7
	26th	27th	28th	29th	30th	31st
CLOSED		9:00 - 10:00am Interval	9:00 - 10:00am Mid Holiday Surprise	9:00 - 10:00am Hi/Lo Cardio	9:00 - 10:00am Interval	9:00 - 10:00am Special/Boot Camp
		10:15 - 11:15am Yoga			10:15 - 11:15am Yoga	
		6:00 - 7:00 Boot Camp		6:00 - 7:00pm MuscleFit		
	2nd	3rd	4th	6th	7th	
		9:00 - 10:00am Interval	9:00 - 10:00am MuscleFit	9:00 - 10:00am CycleFit	9:00 - 10:00am Interval/HIIT	9:00 - 10:00am Saturday Special Step
		10:15 - 11:15am Yoga	10:15 - 11:15am Lite & Lively	10:15 - 11:15am Ball Class	10:15 - 11:15am Yoga	
				1:00 - 2:00pm Cardio Fit	11:30 - 12:30pm Wellness Class	
		6:00 - 7:00pm Boot Camp	6:00 - 7:00pm 20/20/20	6:00 - 7:00pm MuscleFit		



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Class Descriptions

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CLOSED	9:00am - 2:00pm	6:00am - 9:00pm	6:00am - 7:00pm	8:00am - 2:00pm

20/20/20 - Class consists of 20 minute cardio/20 minute strength/20 minute core and stretch.

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

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.

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

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

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

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

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.

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

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

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