



Brighton YMCA
 170 Main St..
 Brighton, ON

Facility Hours			
Monday - Thursday	Friday	Saturday	Sunday
6:00am - 9:00pm	6:00am - 7:00pm	8:00am - 2:00pm	9:00am - 2:00pm
Holiday Hours			
Monday February 20 - Family Day		9:00am - 2:00pm	NO CLASSES

Group Fitness Schedule January 8 - April 1, 2023

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 - 10:00am Interval/HIIT	9:00 - 10:00am Saturday Special Jan 14 Core & Stretch Jan 21 Ball Class Jan 28 Arriba Feb 4 MuscleFit Feb 11 Hi/Lo Cardio Feb 18 Step Feb 25 Arriba Mar 4 Boot Camp Mar 11 Step Mar 18 Tabata/Interval Mar 25 Arriba
10:15 - 11:15am Lite & Lively	10:15 - 11:00am 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		1:00 - 2:00pm CardioFit Community Care Jan. 5 - Feb. 23	11:30 - 12:30pm Wellness Class	
6:00 - 7:00pm Strong Bodies	6:00 - 7:00pm Boot Camp	6:00 - 7:00pm 20/20/20	6:00 - 7:00pm MuscleFit		



Brighton YMCA

170 Main St.
Brighton, ON

Class Descriptions

Facility Hours			
Monday - Thursday	Friday	Saturday	Sunday
6:00am - 9:00pm	6:00am - 7:00pm	8:00am - 2:00pm	9:00am - 2:00pm
Holiday Hours			
Monday February 20 - Family Day		9:00am - 2:00pm	NO CLASSES

20/20/20

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

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!

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.

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 crunches! Always bring a pencil and workout book to track your progress.

CycleFit

Burn calories and get the heart pumping, ride your way to fitness with great music and motivational instructors.

Hi/Lo Cardio

This class is high cardio but low impact. This means you are getting a great aerobic workout, but you get to control the intensity based on your fitness level. Hi/Lo gives participants the opportunity to perform manageable, low-impact movements between periods of high intensity.

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.

Strong Bodies

A moderate intensity fat-burning, muscle-sculpting workout that combines interval training with a total-body strength building program.

Tabata Interval

High intensity workout. Short intervals at high intensity followed by rest.

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.