



# Cobourg YMCA

339 Elgin Street West  
Cobourg, ON

All Group Fitness classes are subject to a minimum of three (3) participants.  
Attendance will be monitored, classes will be cancelled if minimum is not met.

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

## Facility Hours

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

## Holiday Hours

February 20	7:00am-5:00pm No Classes
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## Group Fitness Schedule January 8 - April 1, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:45am TRX*	6:00 - 6:45am CycleFit	6:15-7:00am Gravity *	6:00-6:45am Cyclefit	6:00 - 6:45am CycleFit	
			8:00-8:45am TRX*		8:00-8:45am Saturday Circuit
8:00 - 8:45am Gravity *	8:15-8:45am Core*	8:00 - 8:45am Gravity *		8:00 - 8:45am Gravity *	
9:00 - 9:45am Gravity *	9:00 - 9:45am Prime Time Gravity *	9:00 - 10:00am Prime Time *	9:00 - 9:45 am Prime Time Gravity *	9:00 - 9:45am Gravity *	
9:00 - 10:00am Prime Time		10:00-11:00am 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	9:00 - 10:00am Arriba *	10:00 - 10:45am CycleFit *	10:00 -10:45am Cyclefit Beginner	10:00 - 10:45am CycleFit	
10:00 - 10:45am MuscleFit *	10:00 - 10:45am Gravity Extreme*	11:15am - 12:15pm Yoga *	10:15-10:45 Core*	10:15 - 11:00am Strong Bodies*	
11:15am - 12:15pm Yoga Flow*	10:15-11:00am Strong Bodies		10:15-11:15am Pickleball *	11:15am-12:15pm Restorative Yoga*	
			11:00-12:00pm Restorative Yoga*		
1:00 - 2:00pm Chair Strength/ Yoga		1:00 - 2:00pm Chair Strength	11:15am-12:15pm Pickleball*	1:00 - 2:00pm Chair Strength/ Yoga *	
	5:00 - 5:45pm Gravity *		1:00-2:00pm Gentle Mat Yoga*		<b>Sunday</b>
5:30-6:15pm Gravity*	5:30-6:30pm Pickleball*		5:00 - 5:45pm MuscleFit *	5:00-5:45pm TRX*	
	6:00-6:45pm Cyclefit	5:30 - 6:15 pm Barre *	6:00 - 6:45pm Cyclefit		
6:00 - 7:00pm Strong Bodies Extreme *	6:30-7:30pm Pickleball *	6:00 - 7:00 pm Strong Bodies Extreme *	7:00-7:45pm Gravity Extreme*		
6:30 - 7:30pm Yoga Flow*	7:00-8:00pm Restorative Yoga*	6:30 - 8:00pm Yoga Flow *	7:00-9:00pm Learn to Play Pickleball*		

Upstairs Studio

Classes take place in Gynasium

\*Register and sign up for ALL classes on-line at [ymcanrt.org](http://ymcanrt.org)  
If you cannot attend your booked class, please contact 905 372-0161

## 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
9:00am- 9:45am AquaFit	9:00 - 9:45am AquaFit	9:00am - 9:45am AquaFit	9:00 - 9:45am AquaFit	9:00 - 9:45am AquaFit	
			6:15-7:00pm Aqua Strong		



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## Class Descriptions

### Facility Hours

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<b>Sunday</b>	7:00am - 5:00pm

**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.

**Aqua Strong**- This water boot camp style fitness class improves cardiovascular strength, balance and uses muscles that you may not regularly use on dry land. This class includes resistance training and endurance challenges.

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

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

**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. All exercises are performed while seated in a chair.

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

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

**CycleFit Beginner**- to introductory program for those new to indoor cycle classes. Your instructor will show you how to set up your bike and learn the in's and out's of some basic cycle drills and a pace that is comfortable for you. Participants are meant to progress from this program into Cyclefit within 3-6 weeks.

**Gentle Mat Yoga**- This practice takes a more traditional approach to yoga for those wanting a floor/mat practice that is slow paced and body appropriate. Focus on the mental and meditative benefits of yoga as we practice postures that will be modified and held longer. As we learn to tap inwards and trust, breaks will be encouraged. Come together, connect and explore the benefits of yoga. A great practice if you are new to yoga, or looking for gentle yoga.

**Gravity** - 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.

**Gravity Extreme**- Using the Total Gym Encompass machine. Gravity EXTREME is only for participants who have a high level of experience using the Total Gym trainer and who's fitness level is advanced. During this workout participants will make fast transitions from one exercise to the other with high intensity to build strength and endurance..

**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.

**PickleBall:** Pickle Ball is designated recreational game play. A chance to learn from each other and further develop skills. You can bring your own paddle or sign one out.

**Pickleball- Learn To Play:** A one time registered program to learn the basics of pickleball. Max of 5 participants.

**PrimeTime** - Geared to older adults. 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 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 strength building program.

**Strong Bodies Extreme:** Intense fat burning, muscle sculpting, full body workout.

**TRX:** A collection of unique bodyweight exercise movements using the TRX Suspension Trainer. The exercise are designed to facilitate a range of movements for the entire body. The class provides the ideal mix of support and mobility to train strength, endurance, balance, coordination, flexibility, power and core stability all at one and across a wide range of resistance.

**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.

**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. A mix of traditional yoga poses incorporated with another form of fitness, such as Pilates or resistance training, is called yoga fusion. 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.

### 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 [leanne.clarke@nrt.ymca.ca](mailto:leanne.clarke@nrt.ymca.ca)