



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.

***Register for class online at ymcanrt.org**

Upstairs Studio Gymnasium

Facility Hours	
Monday - Friday	5:00am - 9:00pm
Saturday	6:30am - 5:00pm
Sunday	7:00am - 5:00pm
Holiday Hours	
July 1 August 7 September 4	7:00am - 5:00pm No Classes

GROUP FITNESS SCHEDULE JULY 2 - SEPTEMBER 2, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00-6:45am CycleFit	6:15-7:00am Strong Bodies	6:00-6:45am CycleFit		
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 Prime Time Gravity*	9:00-10:00am Prime Time	9:00-10:00am Arriba	9:00-9:45am Gravity*	9:00-10:00am Yoga
9:00-10:00am Prime Time	9:00-10:00am Arriba		9:00-9:45am Prime Time Gravity*	9:00-10:00am Prime Time	
10:00-10:45am CycleFit	10:15-11:00am Strong Bodies	10:00-10:45am CycleFit	10:15-10:45am Core	10:15-11:00am Strong Bodies Step Series	
10:00-10:45am MuscleFit					
11:15-12:15pm Yoga Flow		11:00-12:00pm Yoga	11:00-12:00pm Restorative Yoga	11:15-12:15pm Restorative Yoga	
1:00-2:00pm Chair Strength/Yoga		1:00-2:00pm Chair Strength	1:00-2:00pm Gentle Mat Yoga	1:00-2:00pm Chair Strength/Yoga	
5:00-5:45pm Step	5:00-5:45pm Gravity*	5:30-6:15pm Abs & Glutes Blast	5:00-5:45pm MuscleFit		
6:00-7:00pm Strong Bodies Extreme	6:00-6:45pm CycleFit		6:00-6:45pm CycleFit		
6:30-7:30pm Yoga Flow		6:30-7:30pm Yoga			
	7:00-8:00pm Restorative Yoga		7:00- 8:00pm Gravity*		
RECREATIONAL SPORT					
		5:30-6:30pm 6:30-7:30pm Pickleball	11:30-12:30pm 12:30-1:30pm Pickleball		

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	

Class Descriptions

Abs and Glute Blast

Heavy focus on developing glute strength and activating core stability. This class is designed to engage and shape these two specific regions of the body.

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.

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.

Chair Strength/ Yoga

Increase your flexibility and strength through classic yoga postures adapted for the 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.

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

Incorporating the use of our unique TotalGym Encompass machine along with 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.

PickleBall

Pickleball 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.

PrimeTime

Geared to adults 55+ This gentle intensity workout focused on cardiovascular fitness combines low impact aerobics, strength, and endurance exercises. Within every class there is always a focus on ones range of motion, balance and stretching.

Prime Time Gravity

Gravity geared towards for adults 55+ that uses our Total Gym Encompass machine along with your body weight as resistance to strengthen and tone the entire body. In this class the transitions are slower with added time for recovery. Engages all major muscle groups focusing on foundational movement patterns.

Restorative Yoga

A relaxing method of yoga that uses props such as bolsters, blocks and blankets in various seated and reclining postures to release stress, tension, and promote deep relaxation without effort while holding postures. 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.

Step

Step is a full body, calorie burning, challenging cardio workout. Step will improve agility, coordination, balance, strength and stamina. Step has proven to be a timeless form of exercise for decades.

Strong Bodies

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

Strong Bodies Extreme

Similar to crossfit; our EXTREME version of Strong Bodies incorporates the use of heavier weights, compound lifts and explosive moves.EXTREME is for participants who are highly conditioned and have a good foundation of training.

Strong Bodies- Step Series

Incorporates 15 minutes of step as the cardio component in the class. Only here for the summer season!!!

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

A physical and mental practice using sequences that link every movement to breath. As your experience evolves you will be able to find your own level of practice by looking inwardly and accepting what your body needs each time you show up on the mat. A wide range of modifications will be offered so that this practice is suitable for the beginner practitioner through to the more advanced