



Facility Hours	
Monday - Thursday	6:00am - 9:00pm
Friday	6:00am - 7:00pm
Saturday	8:00am - 5:00pm
Sunday	9:00am - 5:00pm
Holiday Hours	
Dec. 26	9:00am - 2:00pm <b>**NO CLASSES**</b>
Dec. 25 & Jan. 1	Facility Closed

*Schedules subject to change*

## Brighton Group Fitness Schedule Dec. 24, 2023 - Jan. 6, 2024

Mon, Dec. 25	Tues, Dec. 26	Wed, Dec. 27	Thurs, Dec. 28	Fri, Dec. 29	Sat, Dec.30
FACILITY CLOSED	NO CLASSES HOURS 9AM - 2PM	9:00AM - 10:00AM MuscleFit	9:00AM - 10:00AM Step	9:00AM - 10:00AM Interval/HIIT	<b>9:00am-10:00am Saturday Special</b> Core & Stretch
		6:00PM - 7:00PM 20/20/20			
Mon, Jan. 1	Tues, Jan. 2	Wed, Jan. 3	Thurs, Jan. 4	Fri, Jan. 5	Sat, Jan. 6
FACILITY CLOSED	8:00AM - 8:45AM Core & Stretch				
	9:00AM - 10:00AM Strong Bodies	9:00AM - 9:45AM MuscleFit	9:00AM - 9:45AM CycleFit	9:00AM - 10:00AM Interval/HIIT	<b>9:00am-10:00am Saturday Special</b> Interval/HIIT
	10:15AM - 11:00AM Arriba	10:15AM - 11:15AM Ball Class	10:15AM - 11:15AM Lite & Lively	10:15AM - 11:15AM Yoga	
	11:15AM - 12:15PM Yoga			11:30AM - 12:30PM Chair Strength	
	6:00PM - 7:00PM Interval/HIIT	6:00PM - 7:00PM 20/20/20	6:00PM - 7:00PM Bootcamp		



**Brighton YMCA**

170 Main Street  
Brighton, ON

# Class Descriptions

## **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 too!

## **Ball Class**

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.

## **Chair Strength**

Within this class, there is a focus on light resistance training using a variety of accessories such as resistance bands, weighted balls and hand weights. Some balance will be incorporated. All exercises are performed while seated in a chair.

## **CycleFit**

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

## **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 & Lively**

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

## **Bootcamp**

A type of group physical training program. These programs are designed to build strength and fitness through a variety of types of exercise.

## **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.

## **Yoga**

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

## **Core & Stretch**

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 crunchies! Bring a pencil & workout book to track your progress..

### **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)