



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

Holiday Hours		Su Dec. 31	7am-2pm
Su Dec. 24	7am-2pm	M Jan. 1	Closed
M Dec. 25	Closed	Tu Jan. 2	5am-9pm
Tu Dec. 26	7am-5pm	W Jan. 3	5am-9pm
W Dec. 27	5am-9pm	Th Jan. 4	5am-9pm
Th Dec. 28	5am-9pm	Fr Jan. 5	5am-9pm
Fr Dec. 29	5am-9pm	Sa Jan. 6	6am-7pm
Sa Dec. 30	6am-7pm	Su Jan. 7	7am-5pm

GROUP FITNESS SCHEDULE DEC. 24, 2023 - JAN. 7, 2024

Tues., Dec. 26	Wed., Dec. 27	Thurs., Dec. 28	Fri., Dec. 29	Sat., Dec. 30	Sun., Dec. 31
	6:15AM - 7:00AM P45	8:00AM - 9:00AM Roll & Restore Yoga	6:00AM - 6:45AM CycleFit		
	8:00AM - 8:45AM Gravity*	9:00AM - 9:45AM Prime Time Gravity*	8:00AM - 8:45AM Gravity*		
	9:00AM - 10:00AM Prime Time	9:00AM - 10:00AM Arriba		9:00AM - 10:00AM Gentle Yoga	
🌲 10:00AM - 10:45AM "BOXING" Bootcamp	10:00AM - 10:45AM Cyclefit		🌲 10:00AM - 10:45AM Glitter & Gold	🌲 10:00AM - 11:00AM The "Final Countdown"	
	11:00AM - 12:00PM Gentle Yoga	11:00AM - 12:00PM Flow Yoga	11:00AM - 12:00PM Restorative Yoga		
	1PM - 2PM Chair Strength		1PM - 2PM Chair Yoga/Strength		
	5:30PM - 6:30PM Ride & Glide*	5:00PM - 5:45PM Musclefit	5:15PM - 6:00PM Strong Bodies		
	6:30PM-7:30PM Flow Yoga	6:00PM-7:00PM Gentle Yoga			
Tues., Jan. 2	Wed., Jan. 3	Thurs., Jan. 4	Fri., Jan. 5	Sat., Jan. 6	Sun., Jan. 7
6:00AM - 6:45AM CycleFit	6:15AM - 7:00AM Gravity*	🌲 8:00AM - 9:00AM "Roll" into 2024	6:00AM - 6:45AM CycleFit		
8:00AM - 8:45AM Gravity*	8:00AM - 8:45AM Gravity*	9:00AM - 9:45AM Prime Time Gravity*	7:15AM - 7:45AM Gravity Express*		
9:00AM - 10:00AM Arriba	9:00AM - 10:00AM Prime Time	9:00AM - 10:00AM Arriba	8:00AM - 8:30AM Gravity Express*	9:00AM - 10:00AM Gentle Yoga	
🌲 10:15AM - 11:00AM NEW YEAR'S Hustle	🌲 10:00AM - 11:00AM "Spin" in the NY 30/30	10:00AM - 10:45AM Gravity*	9:00AM - 9:45AM Cyclefit	10:00AM - 10:45AM Strong Bodies	
	11:00AM - 12:00PM Gentle Yoga	11:00AM - 12:00PM Flow Yoga	10:00AM - 10:45AM P45		
6:30PM - 7:30PM Ride & Glide*	1:00PM - 2:00PM Chair Strength		11:00AM - 12:00PM Restorative Yoga		
6:30PM - 7:30PM Restorative Yoga	5:00PM-6:00PM Arriba	5:15PM - 6:00PM Musclefit	1PM - 2PM Chair Yoga/Strength		
	6:30PM-7:30PM Flow Yoga	6:30PM-7:30PM Gentle Yoga	5:00PM - 5:45PM Strong Bodies		

PICKLEBALL*

Thurs., Dec. 28	Fri., Dec. 29	Sat., Dec. 30	Sun., Dec. 31
10:15AM -11:15AM* / 11:15AM - 12:15PM*		9:00AM-10:30AM*	
Thurs., Jan. 4	Fri., Jan. 5	Sat., Jan. 6	Sun., Jan. 7
10:15AM -11:15AM* / 11:15AM - 12:15PM*		9:00AM-10:30AM*	

Schedules subject to change



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 too!

“BOXING” Bootcamp

Nothing more appropriate than a "Boxing" themed workout on Boxing Day. Jabs, hooks, kicks, skipping, punching, high knees, fast feet and dirty elbows to name a few. A fun filled 45 minute workout complete with cardio and strength. Intermediate based class.

Chair Strength

Within this class participants will focus on light resistance training using a variety of accessories such as resistance bands and weighted balls. Most exercises are performed while seated in a chair.

Chair Yoga

Increase flexibility and mobility through classic and gentle Yoga postures that are adapted for the chair.

Chair Yoga/Strength

This is a combination of both the chair strength and chair Yoga.

CycleFit

Burn calories and get the heart pumping - ride your way to fitness with great music and motivational instructors. Our specialized ICG bikes provide a customized fit and can be set for each individual rider's fitness level.

Glitter & Gold

Dress in all the Glitter & Gold imaginable! This class is designed for anyone and everyone...all are welcome. If you routinely come to our P45 class, strong bodies or Prime time then you'll be sure to enjoy this holiday inspired class complete with interval training, balance work, strength straining and mobility work.

Gravity*

With the use of our Total Gym Encompass machine your instructor will deliver a full-body workout in every class. Participants work multiple muscle groups together for a complete workout that challenges proprioception and core stabilizers by integrating multi-plane movement and unrestricted range of motion in nearly every exercise.

Gravity Express*

A 30 minute version of our regular Gravity class.

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.

New Year's Hustle

This bustling class will burn calories and ignite fire from within. This class is for individuals with a more advanced conditioning and whom are comfortable with using heavier weights and are capable of fast paced drills.

P45

Reach your fitness goals with our most exciting class. P45 aka Power45 is a cardio, strength and core hybrid delivered in 45 high-intensity minutes. P45 combines cardio like kickboxing, total body strength and floor-based exercises to strengthen the thighs, glutes and core. Instructors will incorporate equipment such as kettlebells, dumbbells, gliders, and steps - targeting one to two equipment pieces in each class.

PickleBall

Pickleball is a designated recreational game play. A chance to learn from each other and further develop your skills. You can bring your own paddle or sign one out.

Prime Time

Prime Time will check off all your exercise needs within this one hour program. Geared to adults 55+, this gentle intensity workout focuses on cardiovascular fitness with low impact aerobics, strength through resistance training and endurance with repetitive moves. Within every class there is always a focus on ones balance, flexibility and range of motion.

Prime Time Gravity

Similar to our Gravity class (see description here) but geared towards participants ages 55+. Prime Time Gravity allots for slower transitions between exercises and an increased time for recovery. This class is also great for first timers!

Ride & Glide

This combo class incorporates our Total Gym Encompass "Gravity" machines as well as our spin bikes in an all in one program. Both our spin bikes and the Total Gym can be and adjusted to suit any level of fitness. This class is recommended for participants that are familiar with at least one of the two components.

“Roll” into 2024

Using foam rollers, recovery balls and exercise balls your instructor will guide you through movements meant to revitalize, and restore the body. You will leave this class feeling refreshed, relaxed and rejuvenated.

Strong Bodies

A moderate intensity, fat burning - muscle sculpting workout that includes strength and cardio interval training for the entire body.

“Spin” in the New Year 30/30

A one hour, holiday inspired, Cyclefit class, complete with motivating New Year's themed tunes. New to spin? We got you covered with an extra instructor on site to help with bike set-up and the freedom to do just the first 30 minutes.

The “Final Countdown”

Sweat together in the New Years "Countdown" themed exercise class. Endurance, grit, stamina and tenacity is what will be needed to complete this class.

TRX*

A collection of unique bodyweight exercise movements using the TRX Suspension Trainer. The exercises 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 once and across a wide range of resistance.

YOGA CLASSES

Flow Yoga

An invigorating physical and mental practice that links every pose to breath. As your experience in this method of yoga expression evolves you will be able to find your own rhythm by focusing inward and accepting what your body needs each time you show up on the mat. Get ready to move. A range of modifications will be offered so that this practice is suitable for the beginner practitioner through to the more advanced.

Gentle Yoga

This practice takes an unhurried approach to yoga for those wanting a mat practice that is slower paced and deliberate. Focus on the mindful and meditative benefits of yoga as the practice explores modified poses and longer holds. A great practice if you are new to yoga, or for someone looking for a softer yoga experience.

Restorative Yoga

A deeply relaxing style of yoga that is practiced at a slow pace, using props such as bolsters, blocks and blankets in a variety of reclining postures. Long holds and deep breathing are used to release stress and tension in the physical body as thoughts and feelings are explored, then released to allow for deep rest, healing and a sense of coming back into alignment. All levels welcome.

Roll and Restore Yoga

Start this restorative practice with a foam roller session to help release muscle knots or tension points. Rolling can be uncomfortable but working through the discomfort can help increase your range of motion and release general muscle soreness. Then the practice will shift into a quiet style of yoga that encourages profound physical, mental and emotional relaxation. All levels welcome.

YMCA Northumberland - Strong Communities Campaign