

GROUP FITNESS SCHEDULE

March 11 - May 4, 2024

Schedules subject to change

*Register for class online at ymcanrt.org as space is limited.

No classes on holidays

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

Friday, Mar. 29	9:00am-5:00pm
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am - 8:45am *Bosu	8:00am - 8:45am Core & Stretch		8:00am - 8:45am CycleFit	8:00am - 8:45am Core & Stretch	9:00am - 10:00am Saturday Special March 16 - HIIT/Interval March 23 - 20/20/20 March 30 - HIIT April 6 - Strong Bodies April 13 - 20/20/20 April 20 - Step April 27 - HIIT May 4 - Strong Bodies
9:00am - 10:00am Step	9:00am - 10:00am Strong Bodies	9:00am - 9:45am MuscleFit	9:00am - 10:00am 20/20/20	9:00am - 10:00am Interval/HIIT	
10:15am - 11:15am Lite & Lively	10:15am - 11:00am Arriba	10:15am - 11:15am Ball Strength	10:15am - 11:15am Lite & Lively	10:15am - 11:15am Yoga	
11:30am - 12:30pm Chair Strength	11:15am - 12:15pm Yoga	11:30am - 12:30pm Chair Strength	11:30am - 12:30pm Chair Yoga*	11:30am - 12:30pm Chair Strength	
6:00pm - 7:00pm Strong Bodies	6:00pm - 7:00pm Interval/HIIT	6:00pm - 7:00pm 20/20/20	6:00pm - 7:00pm Bootcamp		

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

20/20/20

This class consists of 20min cardio/20min strength/20min 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 Dance, Bollywood, Belly Dance, Hip Hop and any other rhythm you can move your hips and feet to!

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.

BOOTCAMP

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

BOSU*

Consists of an inflated rubber hemisphere attached to a rigid platform. When the dome side faces up, the BOSU ball provides an unstable surface while the device remains stable. The BOSU ball class helps users coordinate muscles and nerves for unstable conditions that you experience in everyday life, but it also assists in a number of other types of training, such as stretching, rehabilitation, and strength training.

CHAIR YOGA*

Chair yoga, a gentle form of yoga that's done while seated or using a chair for balance, makes the practice more accessible. In chair yoga, it's possible to move into poses like cat/cow, warrior, sun salutations and forward folds, all while seated.

CHAIR STRENGTH

Within this class participants will 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.

CORE & STRETCH

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 crunchies! 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.

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.

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.