



**Cobourg YMCA**  
339 Elgin Street West  
Cobourg, ON

Shine On

# GROUP FITNESS SCHEDULE

**May 5 - June 15, 2024**

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.

Participants must be 16 years or older to attend Group Fitness Classes

Schedules subject to change | Registration Opens Monday, April 22, 2024

\*Register for class online at [ymcant.org](http://ymcant.org) \*\*Register as part of Mothers of Newborn Program

## Facility Hours

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

## Holiday Hours

**Monday, May 20** 7:00am-5:00pm

- Ground Level Studio
- Upstairs Studio
- Pool
- Gymnasium

| Monday                         | Tuesday                                | Wednesday                         | Thursday                                 | Friday                                 | Saturday                         |
|--------------------------------|--|-----------------------------------|--|--|----------------------------------|
| 6:15am - 7:00am<br>P45         | 6:00am - 6:45am<br>Cyclefit            | 6:15AM - 7:00AM<br>Gravity*       |  | 6:00am - 6:45am<br>CycleFit            |                                  |
| 8:00am - 8:45am<br>Gravity*    | 8:00am - 8:30am<br>Roll & Stretch      | 8:00am - 8:45am<br>Gravity*       | 8:00am - 8:45am<br>Revitalizing Gravity* | 8:00am - 8:45am<br>Gravity*            | 8:00am - 8:45am<br>Strong Bodies |
| 9:00am - 9:45am<br>Gravity*    | 9:00am - 9:45am<br>Prime Time Gravity* | 9:00am - 9:45am<br>Gravity*       | 9:00am - 9:45am<br>Prime Time Gravity*   | 9:00am - 9:45am<br>Gravity*            |                                  |
| 9:00am - 10:00am<br>Prime Time | 9:00am - 10:00am<br>Arriba             | 9:00am - 10:00am<br>Prime Time    | 9:00am - 10:00am<br>Arriba               | 9:00am - 10:00am<br>Prime Time         | 9:00am - 10:00am<br>Gentle Yoga  |
| 9:30am - 10:15am<br>Barre      |  |                                   |  |  |                                  |
| 10:00am - 10:45am<br>CycleFit  |  | 10:00am - 10:45am<br>CycleFit     | 10:30am - 11:00am<br>Core                |  |                                  |
| 10:15am - 11:00am<br>MuscleFit | 10:15am - 11:00am<br>Strong Bodies     |                                   |  | 10:15am - 11:00am<br>P45               |                                  |
| 10:30am - 11:00am<br>Core      | 11:15am - 12:00pm<br>Baby & Mom**      |                                   | 11:15am - 12:00pm<br>Mom and Baby Yoga** |  |                                  |
| 11:15am - 12:15pm<br>Flow Yoga | 11:15am - 12:15pm<br>Gentle Yoga       | 11:15am - 12:15pm<br>Gentle Yoga  | 11:15am - 12:15pm<br>Flow Yoga           | 11:15am - 12:15pm<br>Restorative Yoga  |                                  |
| 1:00pm - 2:00pm<br>Chair Yoga  |  | 1:00pm - 2:00pm<br>Chair Strength | 1:00pm - 2:00pm<br>Restorative Yoga      | 1:00pm - 2:00pm<br>Chair Strength/Yoga |                                  |
| 5:00pm - 5:45pm<br>Step        | 5:00pm - 5:45pm<br>Gravity*            | 5:00pm - 6:00pm<br>Arriba         | 5:15pm - 6:00pm<br>MuscleFit             |  |                                  |
| 5:00pm - 6:00pm<br>Flow Yoga   | 6:00pm - 6:45pm<br>Kickboxing          | 6:00pm - 7:00pm<br>Flow Yoga      |  | 5:15pm - 5:45pm<br>HIIT                |                                  |
| 6:00pm - 6:45pm<br>P45         | 7:00pm - 8:00pm<br>Restorative Yoga    | 6:15pm - 7:00pm<br>Gravity*       | 6:15pm - 6:45pm<br>Cyclefit Express      |  |                                  |

## PICKLEBALL SCHEDULE \*REGISTRATION REQUIRED FOR ALL SESSIONS.

| Monday            | Tuesday           | Wednesday | Thursday          | Friday | Saturday |
|-------------------|-------------------|-----------|-------------------|--------|----------|
|                   |                   |           | 10:15am - 11:15am |        |          |
| 11:15am - 12:15pm | 11:15am - 12:15pm |           | 11:15am - 12:15pm |        |          |
| 12:15pm - 1:15pm  | 12:15pm - 1:15pm  |           |                   |        |          |

## POOL CLASSES SEE AQUATIC SCHEDULE FOR MORE OPTIONS IN THE POOL.

| Monday                      | Tuesday                                | Wednesday                   | Thursday                               | Friday                     | Saturday                               |
|-----------------------------|--|-----------------------------|--|----------------------------|--|
|                             | 6:30am - 7:15pm<br>Water Power Fitness |                             | 6:30am - 7:15am<br>Water Power Fitness |                            | 6:30am - 7:15am<br>Water Power Fitness |
| 8:30am - 9:15am<br>AquaFit  |  | 8:30am - 9:15am<br>AquaFit  |  |                            |  |
| 9:30am - 10:15am<br>AquaFit | 9:00am - 9:45pm<br>AquaFit             | 9:30am - 10:15am<br>AquaFit | 9:00am - 9:45am<br>AquaFit             | 9:00am - 9:45am<br>AquaFit |  |
|                             | 1:00pm - 1:45pm<br>AquaFit             |                             |  |                            |  |



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# Class Descriptions

\*Register for class online at [ymcanrnt.org](http://ymcanrnt.org) \*\*Register as part of Mothers of Newborn Program

## 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 other rhythm you can move your hips and feet too!

## BABY & MOM\*\*

As part of the Mothers of Newborn program, Baby & Mom is a fitness class where moms can bring their baby to workout. Each week is different from the next. Classes include but are not limited to yoga, and strong bodies.

## BARRE

Engaging muscles you wouldn't normally target, Barre includes elements of Pilates, dance, yoga and strength training, all choreographed to motivating music. Barre will tone, sculpt and shape the body while improving all over physical fitness.

## 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 class combines both the chair strength and chair Yoga

## 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. Also includes a variety of stretching to help increase and maintain optimal flexibility.

## 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.

## CYCLEFIT EXPRESS

CycleFit condensed to 30 minutes.

## MOM AND BABY YOGA\*\*

A welcoming and supportive class for Mom & Baby to connect with other mothers. This class will condition the body through gentle movements that include stretching, restorative poses and fluid movements to improve posture and reduce stress.

## GRAVITY\*

Using our Total Gym Encompass machine your instructor will deliver a full-body workout in each 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.

## HIIT

An Interval class with varied exercises, either cardio or strength, and with different durations of high intensity bursts followed low intensity/recovery exercises. During high intensity portions, participants are encouraged to work at 80% or more of their max. HIIT is known to burn more calories in a shorter time while teaching the body how to recover quickly & efficiently.

## KICKBOXING

A high energy class which combines muscle conditioning with kickboxing combinations of punches and kicks in a variety of drills and exercises.

## Mom and Baby Yoga\*\*

A welcoming and supportive class for Mom & Baby to connect with other mothers. This class will condition the body through gentle movements that include stretching, restorative poses and fluid movements to improve posture and reduce stress.

## 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 muscles through a choreographed strength routine taught to music.

## P45

Reach your fitness goals with our newest and 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 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 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 allows for slower transitions between exercises and an increased time for recovery. This class is also great for first timers!

## REVITALIZING GRAVITY\*

Everything our regular Gravity class has to offer with the bonus of long deep stretches that incorporate the use of the Total Gym Encompass.

## ROLL AND STRETCH

Incorporating foam rollers, massage balls and other props, this casual class is designed for those who know they should, but don't! If you want to promote recovery, enhance mobility & improve flexibility then give it a try.

## STEP

Step aerobics is a classic cardio workout. It's lasted for decades for a simple reason: It delivers results. Step will improve agility, coordination, balance, strength and stamina.

## STRONG BODIES

A moderate intensity, fat burning - muscle sculpting workout that includes strength and cardio interval training for the entire body. Each instructor will bring their own unique approach and variety to this long loved class.

## 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.

## POOL CLASSES

### AQUAFIT

An excellent low impact, calorie burning, full body workout that is gentle on the joints and great for participants recovering from injuries.

### 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.

## YMCA NORTHUMBERLAND - STRONG COMMUNITIES CAMPAIGN

The YMCA is committed to building healthier communities, creating opportunity, fostering potential, and encouraging belonging. If you require financial assistance for any programs please contact Leanne Clarke [leanne.clarke@nrt.ymca.ca](mailto:leanne.clarke@nrt.ymca.ca)