



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

HOURS

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

Holiday Hours (No Classes)

September 2 **October 14**
7:00am-5:00pm

GROUP FITNESS SCHEDULE

September 9 - November 3, 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

*Register for class online at ymcanrt.org **Register as part of Mothers of Newborn Program

Schedules subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15AM - 7:00AM P45	6:00AM - 6:45AM CycleFit	6:15AM - 7:00AM Gravity*	6:00AM - 6:45AM CycleFit (Begins Oct. 17)	6:00AM - 6:45AM CycleFit	
8:00AM - 8:45AM Gravity*	8:00AM - 8:45AM Roll & Stretch	8:00AM - 8:45AM Gravity*	8:00AM - 8:45AM Revitalizing Gravity*	8:00AM - 8:45AM Gravity*	8:00AM - 8:45AM Saturday Circuit
9:00AM - 9:45AM Gravity*	9:00AM - 9:45AM Prime Time Gravity*	9:00AM - 9:45AM Gravity*	9:00AM - 9:45AM Prime Time Gravity*	9:00AM - 9:45AM Gravity*	
9:00AM - 10:00AM Prime Time	9:00AM - 10:00AM Arriba	9:00AM - 10:00AM Prime Time	9:00AM - 10:00AM Arriba	9:00AM - 10:00AM Prime Time	9:00AM - 10:00AM Gentle Yoga
10:00AM - 10:45AM CycleFit		10:00AM - 10:45AM CycleFit	10:15AM - 11:00AM Head to Toe Pilates	10:00AM - 10:45AM CycleFit (Oct. 18)	10:15AM - 11:00AM CycleFit (Oct. 19)
10:15AM - 11:00AM MuscleFit	10:15AM - 11:00AM Strong Bodies		11:15AM - 12:00PM Mom & Baby Yoga**	10:15AM - 11:00AM P45	
10:15AM - 11:00AM Head to Toe Pilates	11:15AM - 12:00PM Mom & Baby Fitness**	11:15AM - 12:15PM Gentle Yoga	11:15AM - 12:15PM Flow Yoga		
11:15AM - 12:15PM Flow Yoga	11:15AM - 12:15PM ZenPilates		1:00PM - 2:00PM Restorative Yoga	11:15AM - 12:15PM Restorative Yoga	
1:00PM - 2:00PM Chair Yoga		1:00PM - 2:00PM Chair Strength			
5:00PM - 5:45PM Step	5:00PM - 5:45PM Gravity*	5:00PM - 5:45PM Arriba	5:15PM - 6:00PM MuscleFit	1:00PM - 2:00PM Chair Strength/Yoga	
5:00PM - 6:00PM Gentle Yoga	6:00PM - 6:45PM Kickboxing	6:00PM - 6:45PM Head to Toe Pilates	6:15PM - 6:45PM CycleFit Express	5:15PM - 6:00PM Drop-In Gravity	
6:00PM - 6:45PM P45	7:00PM - 8:00PM Yin Yoga	7:00PM - 7:45PM Gravity*	7:00PM - 8:00PM Gentle Yoga		

RECREATION SCHEDULE

*REGISTRATION REQUIRED FOR ALL PICKLEBALL SESSIONS.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:15AM - 12:15PM Pickleball	11:15AM - 12:15PM Pickleball		10:15AM - 11:45AM Pickleball		
12:15PM - 1:15PM Pickleball	12:15PM - 1:15PM Pickleball		11:15AM - 12:15PM Pickleball		
	7:00PM - 9:00PM Adult Drop-in Basketball		7:00PM - 9:00PM Adult Drop-in Basketball		

POOL CLASSES

SEE AQUATIC SCHEDULE FOR MORE OPTIONS IN THE POOL.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:30AM - 7:15AM Water Power Fitness		6:30AM - 7:15AM Water Power Fitness		6:30AM - 7:15AM Water Power Fitness
8:30AM - 9:15AM AquaFit	9:00AM - 9:45AM AquaFit	8:30AM - 9:15AM AquaFit	9:00AM - 9:45AM AquaFit	9:00AM - 9:45AM AquaFit	
9:30AM - 10:15AM AquaFit	1:00PM - 1:45AM AquaFit	9:30AM - 10:15AM AquaFit			

Ground Level Studio
 Upstairs Studio
 Pool
 Gymnasium



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!

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

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.

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.

DROP-IN BASKETBALL (ADULT)

Join us for an energetic adult drop-in basketball session in the gymnasium, where you can stay active, sharpen your skills, and enjoy some friendly competition.

DROP-IN GRAVITY

All the same as our Gravity class without the need to register! Instructors will be prepared for various number of participants. Please be on site 10 minutes before the class to secure your spot. Note: Classes more than 10 persons may include some modified exercises off the Gravity unit.

HEAD TO TOE PILATES

Join us for an invigorating head to toe Pilates class that focuses on strengthening the entire body. This class will incorporate a variety of mat-based exercises to target your core, arms, legs and back, helping to improve posture, flexibility and overall body awareness.

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 FITNESS**

As part of the Mothers of Newborn program, Mom & Baby Fitness is a 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.

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 offers with the bonus of long deep stretches that incorporate 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.

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 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, linking every pose to breath. As your experience evolves, you will be able to find your own rhythm by focusing inward and accepting what your body needs. Get ready to move. A range of modifications will be offered so this practice is suitable for the beginner through to the more advanced.

GENTLE YOGA

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 slow paced style of yoga 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 coming into alignment. All levels.

YIN YOGA

Experience deep relaxation and enhanced flexibility with Yin Yoga. This gentle, slow-paced class involves long-held, passive poses that target deep connective tissue. Yin Yoga promotes mindfulness and stress relief, leaving you feeling calm and rejuvenated.

ZENPILATES

Experience the perfect blend of Gentle Yoga and Pilates in ZenPilates. Ideal for all fitness levels this class focuses on balance, flexibility, and core strength. Join in for a harmonious workout that revitalizes body, mind and spirit.

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