YMCA Northumberland
Brighton
170 Main Street
Brighton, ON

Shine On

HOLIDAY GROUP FITNESS
December 23, 2024 - January 5, 2025
Schedules subject to change

BRIGHTON FACILITY HOURS

Monday, Dec. 23	6:00am-9:00pm	Monday, Dec. 30	6:00am-9:00pm
🔔 Tuesday, Dec. 24	6:00am-2:00pm	🔔 Tuesday, Dec. 31	6:00am-2:00pm
🔔 Wednesday, Dec. 25	Closed	🔔 Wednesday, Jan. 1	Closed
🔔 Thursday, Dec. 26	9:00am-5:00pm	Thursday, Jan. 2	6:00am-9:00pm
Friday, Dec. 27	6:00am-7:00pm	Friday, Jan. 3	6:00am-7:00pm
Saturday, Dec. 28	8:00am-5:00pm	Saturday, Jan. 4	8:00am-5:00pm
Sunday, Dec. 29	9:00am-5:00pm	Sunday, Jan. 5	9:00am-5:00pm

🔔 Hours differ from regular facility hours.

Dec. 23 Monday	Dec. 24 Tuesday	Dec. 25 Wednesday	Dec. 26 Thursday	Dec. 27 Friday
9:00AM - 10:00AM Step	9:00AM - 9:45AM CycleFit	CLOSED		9:00AM - 10:00AM HIIT
6:00PM - 7:00PM 20/20/20				

Dec. 30 Monday	Dec. 31 Tuesday	Jan. 1 Wednesday	Jan.2 Thursday	Jan. 3 Friday
9:00AM - 10:00AM Strong Bodies	9:00AM - 10:00AM Step	CLOSED	9:00AM - 10:00AM 20/20/20	9:00AM - 10:00AM HIIT
6:00PM - 7:00PM 20/20/20			10:15AM - 11:15AM Lite & Lively	10:15AM - 11:15AM Yoga

20/20/20
Class consists of 20min cardio/20 min strength/20 min core & stretch.

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

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.

STEP
This is a choreographed Step Class. It is 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.