



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

# COBOURG FACILITY HOURS

## HOLIDAY GROUP FITNESS!

**WEEK 1 | December 23 - December 29**

**WEEK 2 | December 30 - January 5**

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.

**\*Register for class online at [ymcantr.org](http://ymcantr.org)**

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

M	Dec. 23	5:00am-9:30pm	Dec. 30	5:00am-9:30pm
T	Dec. 24	5:00am-2:00pm	Dec. 31	5:00am-2:00pm
W	Dec. 25	Closed	Jan. 1	Closed
Th	Dec. 26	7:00am-5:00pm	Jan. 2	5:00am-9:30pm
F	Dec. 27	5:00am-9:30pm	Jan. 3	5:00am-9:30pm
S	Dec. 28	6:00am-7:00pm	Jan. 4	6:00am-7:00pm
Su	Dec. 29	7:00am-6:00pm	Jan. 5	7:00am-6:00pm

Hours differ from regular facility hours

Ground Level Studio

Upstairs Studio

Gymnasium

Schedules subject to change.

## WEEK 1 | December 23 - December 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM - 8:45AM Holiday Gravity Blast*	6:00AM - 6:45AM Holly Jolly Ride	CLOSED		6:00AM - 6:45AM Holly Jolly Ride	
9:00AM - 9:45AM Holiday Gravity Blast*	8:00AM - 8:45AM Holiday Gravity Blast*			8:00AM - 8:45AM Holiday Gravity Blast*	
9:00AM - 10:00AM Merry & Move	9:00AM - 10:00AM Groove Fest Arriba			9:00AM - 9:45AM Revive & Ride	9:00AM - 10:00AM New Year Renewal
10:00AM - 11:00AM Holly Jolly Ride	10:15AM - 11:00AM Festive Fitness		10:00AM - 11:00AM Boxing Day Bootcamp	10:00AM - 11:00AM Sparkle & Strength	10:00AM - 11:00AM Bounce Back Bootcamp
10:15AM - 11:00AM Winter Wonderburn	11:15AM - 12:15PM Twinkle & Tone			11:15AM - 12:15PM Unwrap & Unwind	
11:15AM - 12:15PM Holiday Flow				1:00PM - 2:00PM Cheerful Chair	
1:00PM - 2:00PM Cheerful Chair				5:00PM - 6:00PM Holiday Gravity Blast (Drop-in)	
5:00PM - 6:00PM Holiday Harmony					
6:00PM - 7:00PM Step Into 2025 Strong					

## WEEK 2 | December 30 - January 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM - 8:45AM Gravity "Get Ready for '25"	6:00AM - 6:45AM New Year, New Gear Ride	CLOSED	6:15AM - 7:00AM Holiday Gravity Blast*	6:00AM - 6:45AM New Year, New Gear Ride	
9:00AM - 9:45AM Gravity "Get Ready for '25"	8:00AM - 8:45AM Gravity Countdown*		7:30AM - 8:00AM Holiday Gravity Blast*	7:30AM - 8:00AM Holiday Gravity Blast*	
9:00AM - 10:00AM Merry & Move	9:00AM - 10:00AM Groove Fest Arriba		8:15AM - 8:45AM Holiday Gravity Blast*	8:15AM - 8:45AM Holiday Gravity Blast*	9:00AM - 10:00AM New Year Renewal
10:00AM - 10:45AM New Year, New Gear Ride	10:15AM - 11:00AM Festive Fitness		9:00AM - 10:00AM Groove Fest Arriba	9:00AM - 10:00AM Revive & Ride	10:00AM - 11:00AM The Reset Class
10:15AM - 11:00AM Winter Wonderburn	11:15AM - 12:15PM Twinkle & Tone		10:15AM - 11:00AM Winter Wonderburn	10:00AM - 11:00AM Sparkle & Strength	
11:15AM - 12:15PM Holiday Flow			11:15AM - 12:15PM Holiday Flow	11:15AM - 12:15PM Fresh Start Yoga	
1:00PM - 2:00PM Cheerful Chair			5:00PM - 5:45PM New-YearFIT	1:00PM - 2:00PM Cheerful Chair	
5:00PM - 6:00PM Holiday Harmony			6:00PM - 6:45PM New Year, New Gear Ride	5:00PM - 6:00PM Holiday Gravity Blast (Drop-in)	
6:00PM - 7:00PM Step into 2025 Strong					

**PLEASE SEE HOLIDAY PLANNER FOR  
GROUP FITNESS CLASSES IN THE POOL**



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# Class Descriptions HOLIDAY GROUP FITNESS!

## **BOUNCE BACK BOOTCAMP**

Is an intense, full body workout combining cardio, agility, strength and interval training primarily using your own body weight. Build endurance and build strength.

## **BOXING DAY BOOTCAMP**

Same as Bounce Back Bootcamp, but with a BOXING theme.

## **CHEERFUL CHAIR**

This is a combination of both the a chair strength class and a chair Yoga class. Each instructor may bring more of one or the other. All exercises are adapted for the chair.

## **FESTIVE FITNESS**

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.

## **GRAVITY COUNTDOWN\***

Our regular gravity class with a focus on intervals.

## **GRAVITY "GET READY FOR '25"**

Our regular gravity class with a focus on higher resistance and lower reps.

## **GROOVE FEST Arriba**

A high-energy dance-based fitness party that focuses on the basic Latin rhythms with a splash of Bollywood, Belly Dance and Hip Hop. If you can move your feet and hips then you'll be sure to enjoy this class!!!

## **HOLIDAY GRAVITY BLAST**

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

## **HOLLY JOLLY RIDE**

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

## **MERRY & MOVE**

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.

## **NEW YEAR FIT**

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 & NEW GEAR RIDE**

Kick off the new year with an energizing spin session designed to ignite your goals and set the tone for 2025. Our specialized ICG bikes provide a customized fit and can be set for each individual rider's fitness level.

## **REVIVE & RIDE**

Otherwise known as Glide & Ride. A spin class combined with a Gravity class to check off all your fitness needs.

## **SPARKLE & STRENGTH**

It can be as easy or as challenging as you choose. All fitness levels welcome. Choreographed cardio, mobility work, strength training, balance, stretching and core training will be targeted in this program and modified to suit your fitness level. If you typically attend P45 or Prime Time, then this class is for you.

## **STEP INTO 25 STRONG**

Combine cardio and strength training all in one. This program features step aerobics to boost your heart rate and strength to tone your muscles. This class is a fun and effective way to enhance your overall fitness.

## **THE RESET CLASS**

Kickstart your fitness for the New Year. Push your limits with a mix of cardio and strength intervals, helping to RESET your routine and power up for a fresh start!

## **TWINKLE & TONE**

Experience the perfect blend of Gentle Yoga and Pilates similar to 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.

## **WINTER WONDERBURN**

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.

## **YOGA CLASSES**

### **FRESH START YOGA**

Embrace the new year with a soothing restorative yoga session focused on deep relaxation, tension release, with focus to reset your mind and reconnect with your inner calm.

### **HOLIDAY FLOW**

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.

### **HOLIDAY HARMONY**

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.

### **NEW YEAR RENEWAL**

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 in combination with a gentle flow.

### **UNWRAP & UNWIND**

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.

\*Register for class online at [ymcanrt.org](http://ymcanrt.org)

## **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)