



# YMCA Northumberland Cobourg

339 Elgin Street West  
Cobourg, ON

## COBOURG FACILITY HOURS

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

### HOLIDAY HOURS

Monday, Feb. 17 7:00am-5:00pm

## GROUP FITNESS SCHEDULE

### January 6 - March 9, 2025

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](http://ymcanrt.org) \*\*Register as part of Mothers of Newborn Program

- Ground Level Studio
- Upstairs Studio
- Pool
- Gymnasium

Schedules subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15AM - 7:00AM Drop-in Gravity	6:00AM - 6:45AM CycleFit	6:15AM - 7:00AM Gravity*	6:00AM - 6:45AM CycleFit	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 - 11:15AM Advanced Chair Yoga	10:00AM - 10:45AM CycleFit	10:15AM - 11:00AM CycleFit	9:45AM - 12:00PM Cycling Base Training
10:15AM - 11:00AM MuscleFit	10:15AM - 11:00AM Strong Bodies		10:15AM - 11:00AM Head to Toe Pilates	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	11:30AM - 12:15PM Mom & Baby Yoga**	11:15AM - 12:15PM Restorative Yoga		11:00AM - 12:00PM Meditation
11:15AM - 12:15PM Flow Yoga	11:15AM - 12:15PM ZenPilates		11:15AM - 12:15PM Flow Yoga	11:30AM - 12:15PM Mom & Baby Circuit**		
1:00PM - 2:00PM Gentle Chair Yoga	11:45AM - 12:45PM ChairFit	1:00PM - 2:00PM Chair Strength	1:00PM - 2:00PM Restorative Yoga	1:00PM - 2:00PM Chair Strength/Yoga		
5:00PM - 5:45PM Step	5:00PM - 5:45PM Gravity*	5:00PM - 5:45PM Kickboxing	5:15PM - 6:00PM MuscleFit			
5:00PM - 6:00PM Gentle Flow Yoga	6:00PM - 6:45PM CycleFit	6:00PM - 6:45PM Shape & Tone	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	Sunday
11:15AM - 12:15PM Pickleball*	11:15AM - 12:15PM Pickleball*		10:15AM - 11:45AM Pickleball*		9:00AM - 11:00AM Pickleball*	
12:15PM - 1:15PM Pickleball*	12:15PM - 1:15PM Pickleball*		11:15AM - 12:15PM Pickleball*			
	7:00PM - 9:00PM Drop-in Volleyball (Adult)		7:00PM - 8:30PM Pickleball*			

## POOL CLASSES

SEE AQUATIC SCHEDULE FOR MORE OPTIONS IN THE POOL.

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



### 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 FIT

This chair class combines cardio, strength, flexibility, coordination and mobility exercises to deliver a comprehensive and engaging workout that focuses on stamina and endurance.

### 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.

### CYCLING BASE TRAINING

Base Training is essential for cyclists, focusing on efficiency and building a strong aerobic foundation. Includes a Functional Threshold Test (FTP) at the start and end to track progress. Join for part or all of the session, and set the stage for a successful season!

### 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.

### DROP-IN VOLLEYBALL (ADULT)

Join us for an energetic adult drop-in volleyball session in the gymnasium, where you can stay active, sharpen your skills, and enjoy some friendly competition. No registration is required.

### GRAVITY\*

Using our Total Gym Encompass machine, get a full-body workout each class. Workout multiple muscle groups together to develop proprioception and core stabilizers by integrating multi-plane movement and unrestricted range of motion in nearly every exercise.

### HEAD TO TOE PILATES

An invigorating class that focuses on strengthening the entire body and incorporates a variety of mat-based exercises to target core, arms, legs and back to improve posture, flexibility and body awareness.

### KICKBOXING

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

### MEDITATION

A calming & rejuvenating session for all exper designed to guide participants through mindfulness techniques, breathing exercises and relaxation practices. Perfect for relieving stress, improving focus and promoting inner peace. Suitable for all experience levels.

### MOM & BABY CIRCUIT\*\*

Weekly circuit to get one well rounded workout. that incorporates free weights, cardio equipment, and CrossFit style stations. Babies are welcome in strollers, or bring some toys for them to play with.

### MOM AND BABY FITNESS\*\*

As part of the Mothers of Newborn program, for this fitness class moms can bring their baby to workout. Each week is different. 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

P45 aka Power45 is a cardio, strength and core hybrid delivered in 45 high-intensity minutes. Combines cardio like kickboxing, total body strength and floor exercises to strengthen the thighs, glutes and core. Incorporates equipment such as dumbbells, gliders, and steps in each class.

### PICKLEBALL\*

Pickleball is a designated recreational game play. Learn from each other and further develop your skills. Bring your own paddle or sign one out.

### PRIME TIME

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. Each class covers balance, flexibility and range of motion.

### PRIME TIME GRAVITY\*

Similar to our Gravity class (see description here) but geared towards participants ages 55+. Allows for slower transitions between exercises and an increased time for recovery. 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, & cardiovascular training all performed in a circuit using different equipment and varying amounts of rest.

### SHAPE & TONE

Focusing on controlled, low-impact movements that strengthens muscles while improving core stability and flexibility. Using primary body weight exercises, resistance bands, light weights, and a mat, the class targets areas with slow, deliberate movements designed to sculpt and tone.

### 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

### ADVANCED CHAIR YOGA

Not just seated yoga! Designed for those with greater mobility,, blends dynamic movements and deep stretches. The chair is used mainly as a prop with many exercises performed standing. Enhance balance, flexibility & wellness.

### CHAIR YOGA

Increase flexibility and mobility through classic and gentle Yoga postures, adapted for the chair.

### CHAIR STRENGTH/YOGA

This class combines both the chair strength and chair Yoga

### 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 FLOW YOGA

A happy blend of Gentle Yoga and Flow Yoga

### GENTLE YOGA

For unhurried approach to yoga, enjoy 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.

## OUR 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)