



YMCA Northumberland

Brighton

170 Main Street
Brighton, ON

Shine On

GROUP FITNESS SCHEDULE

January 6 - March 9, 2025

Schedules subject to change

*Register for class online at ymcanrt.org as space is limited.

BRIGHTON

FACILITY HOURS

Monday - Thursday	6:00am-9:00pm
Friday	6:00am-7:00pm
Saturday	8:00am-5:00pm
Sunday	9:00am-5:00pm

HOLIDAY HOURS

Mon. Feb. 17	9:00am-5:00pm
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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

9:00AM - 10:00AM
Step

9:00AM - 9:45AM
MuscleFit

9:00AM - 9:45AM
Kickboxing

8:00AM - 8:45AM
CycleFit

9:00AM - 10:00AM
20/20/20

9:00AM - 10:00AM
HIIT

9:00AM - 10:00AM
Saturday Special

January 11
Hatha Yoga

10:15AM - 11:15AM
Lite & Lively

10:15AM - 11:00AM
Arriba

10:15AM - 11:15AM
Ball Strength

10:15AM - 11:15AM
Lite & Lively

10:15AM - 11:15AM
Yoga

January 18
20/20/20

11:30AM - 12:30PM
Chair Strength

11:15AM - 12:15PM
Yoga

11:30AM - 12:30PM
Chair Strength

11:30AM - 12:30PM
Chair Yoga

11:30AM - 12:30PM
Chair Strength

January 25
Step

6:00PM - 7:00PM
Strong Bodies

6:00PM - 7:00PM
HIIT

6:00PM - 7:00PM
20/20/20

6:00PM - 7:00PM
Bootcamp

February 1
Kickboxing

February 8
20/20/20

7:00PM - 7:45PM
Yoga

February 15
Step

February 22
Strong Bodies

March 1
20/20/20

YMCA Northumberland - Strong Communities Campaign

The YMCA is committed to building healthier communities, create opportunity, foster potential, and encourage belonging. If you require financial assistance for any programs please contact Leanne Clarke leanne.clarke@nrt.ymca.ca



**YMCA Northumberland
Brighton**
170 Main Street
Brighton, ON

20/20/20

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

ARRIBA

Is a high energy dance based fitness party where we focus on the 4 basic Latin rhythms - Salsa, Merengue, Cumbia and Reggaeton with a splash of Dance, Bollywood, Belly Dance, Hip Hop and any other rhythm you can move your hips and feet to!

BALL STRENGTH

A strength-based class focused on stability, balance and coordination. It uses the stability ball to engage the core muscles, as well as full body muscle and conditioning.

BOOTCAMP

A type of group physical training program. These programs are designed to build strength and fitness through a variety of types of exercise.

CHAIR STRENGTH

Within this class participants will focus on light resistance training using a variety of accessories such as resistance bands, weighted balls and hand weights. Some balance will be incorporated. All exercises are performed while seated in a chair.

CHAIR YOGA*

Chair yoga, a gentle form of yoga that's done while seated or using a chair for balance, makes the practice more accessible. In chair yoga, it's possible to move into poses like cat/cow, warrior, sun salutations and forward folds, all while seated.

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.

KICKBOXING

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

BRIGHTON **Class Descriptions**

LITE & LIVELY

A low impact, low intensity workout using a combination of movements and light weights to increase strength and develop cardio health.

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 their muscles throughout a choreographed strength routine taught to music.

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.