



YMCA Northumberland Campbellford

50 Seymour Quarry Road
Campbellford, ON

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**

Schedules subject to change.

CAMPBELLFORD FACILITY HOURS

Monday - Friday 6:00AM-9:00PM
Saturday 7:00AM-8:00PM
Sunday 7:00AM-5:00PM

HOLIDAY HOURS

Monday, Feb. 17 7:00AM-5:00PM
No Classes on holidays.

- Studio A & B
- Studio A
- Studio B
- Lane Pool
- Therapy Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30AM - 9:15AM AquaFit	7:00AM - 7:45AM Core & Strength	8:30AM - 9:15AM AquaFit	8:30AM - 9:15AM AquaFit	8:30AM - 9:15AM AquaFit		
8:30AM - 9:15AM Bootcamp	8:30AM - 9:15AM AquaFit	8:30AM - 9:15AM Bootcamp	9:30AM - 10:15AM Gentle AquaFit	9:30AM - 10:15AM Gentle AquaFit		
9:30AM - 10:15AM Gentle AquaFit	9:30AM - 10:15AM AquaYoga	9:30AM - 10:15AM Gentle AquaFit	10:30AM - 11:15AM Prime Time	10:30AM - 11:15AM CycleFit		
10:30AM - 11:15AM CycleFit	10:30AM - 11:15AM Prime Time	10:30AM - 11:15AM CycleFit	11:00AM - 11:45AM Beginner Pilates	11:30AM - 12:30PM Yoga		
11:30AM - 12:30PM Yoga	11:00AM - 11:45AM Chair Pilates	11:30AM - 12:30PM Yoga				
1:00PM - 2:00PM Chair Yoga		1:00PM - 2:00PM Chair Yoga			1:00PM - 2:00PM Yoga	3:00PM - 4:00PM Restorative Yoga
5:00PM - 5:45PM AquaFit	6:00PM - 6:45PM Strong Bodies	5:00PM - 5:45PM AquaFit	6:00PM - 6:45PM Strong Bodies	5:00PM - 5:45PM Water Bootcamp		

BEGINNER PILATES

Introduces core-strengthening and flexibility exercises through gentle, controlled movements on a mat. This class focuses on improving posture, balance, and overall body awareness in a supportive environment.

BOOTCAMP

Combining dynamic strength exercises and heart-pumping cardio intervals, this full-body workout builds power, stamina, and agility. For all fitness levels, with modifications available to help meet your goals and leave feeling accomplished and energized!

CHAIR PILATES

Explore Pilates fundamentals in this beginner-friendly class that improves flexibility, core strength, and posture. Focused on controlled movements, alignment, and mindful breathing, this low-impact workout builds a strong foundation. The class offers step-by-step guidance and modifications to ensure a safe and comfortable experience.

CORE & STRENGTH

Strengthen your foundation in this Core and Strength class, a full-body workout focused on enhancing core stability and overall strength. Through a mix of targeted exercises and strength-building movements, the class improves balance, posture, and functional fitness. Suitable for all fitness levels, it uses a variety of equipment and bodyweight exercises to engage major muscle groups while ensuring a safe, challenging experience for all.

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.

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 includes focus on balance, core strength and flexibility.

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

CHAIR YOGA

Focuses on improving flexibility, strength, and balance through seated and standing poses while promoting relaxation and mindfulness. Ideal for beginners or those with mobility challenges, the class offers modifications to ensure comfort, leaving you feeling refreshed and empowered.

RESTORATIVE YOGA

Using supportive props such as blocks, straps, and bolsters, you'll gently ease into poses that release tension and restore balance to the mind and body. Suitable for all levels, this class is the perfect way to recharge and enhance your overall well-being.

YOGA

This all-levels class is designed to enhance flexibility, strength, and relaxation. Through a series of mindful movements, stretches, and poses, participants will improve balance and posture while reducing stress.

Class Descriptions

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.

GENTLE AQUAFIT

This gentle aquafit class offers a low-impact, full-body workout that is easy on the joints while effectively burning calories. Ideal for participants recovering from injuries, it provides a safe and supportive environment to improve strength and flexibility.

WATER BOOTCAMP

A high-intensity class designed to challenge your strength, endurance, and agility. Using the resistance of water, this full-body workout combines cardio, strength exercises, and core training to deliver maximum results. Perfect for all fitness levels, modifications ensure a challenging and safe experience for everyone!

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

Scan to view more details online.

