



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

GROUP FITNESS SCHEDULE

March 9 - June 28, 2025

Schedules subject to change

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

Friday, April 18	9:00am - 5:00pm
Monday, May 19	9:00am - 5:00pm

****No Classes on Holidays**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00AM - 10:00AM Step	9:00AM - 9:45AM MuscleFit	9:00AM - 10:00am 20/20/20	8:00AM - 8:45am CycleFit	9:00AM - 10:00AM HIIT	9:00AM - 10:00AM Saturday Special March 15 20/20/20 March 22 Step March 29 Vinyasa Yoga April 5 20/20/20 April 12 Core & Stretch April 26 Tabata May 3 CycleFit May 10 20/20/20 May 24 Yoga May 31 Step June 7 20/20/20 June 14 Yoga June 21 20/20/20 June 28 CycleFit
10:15AM - 11:15AM Lite & Lively	10:15AM - 11:00AM Arriba	10:15AM - 11:15AM Ball Strength	9:00AM - 9:45am Kickboxing	10:15AM - 11:15AM Yoga	
11:30AM - 12:30PM Chair Strength	11:15AM - 12:15PM Yoga	11:30AM - 12:30PM Chair Strength	10:15AM - 11:15AM Lite & Lively	11:30AM - 12:30PM Chair Strength	
			11:30AM - 12:30PM Chair Yoga		
6:00PM - 7:00PM Strong Bodies	6:00PM - 7:00PM HIIT	6:00PM - 7:00PM 20/20/20	6:00PM - 7:00PM Bootcamp		
7:00pm - 7:45pm Yoga					

**Interested in supporting our
Strong Communities Campaign?**

Scan the QR Code
to donate today!



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.

CORE & STRETCH

Let's not forget to relax (a bit). Contains two workouts. Starts with introductory stretching to hit every muscle group and then complete an array of different core experiences, designed to give you a break from everyday crunches! Bring a pencil and book to track your progress.

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.

LITE & LIVELY

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

BRIGHTON Class Descriptions

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.

TABATA

Tabata is a style of high-intensity interval training (HIIT) that involves 20 seconds of exercise at your maximum effort, followed by 10 seconds of rest.

YOGA

Increase flexibility, release tension and make the mind and body connection in this class through breathing, postures and relaxation techniques.

VINYASA YOGA

A dynamic, breath-focused class that seamlessly links movement with breath, creating a flowing and meditative experience. Expect a mix of strength, flexibility, and balance as you transition through poses in a creative, energizing sequence.