

## Join Brighton YMCA's Megathon for Fitness with Purpose!

Cobourg, ON – Get ready to move, sweat, and make a difference! The Brighton Y's Megathon returns on Monday, April 14, 2025, offering an action-packed day of group fitness in support of YMCA Northumberland's Strong Communities Campaign. It promises to be a fundraiser full of movement and meaningful impact.

For this full-day event, running from 7:00 a.m. to 7:45 p.m., participants of all fitness levels can join a variety of classes, from high-energy Cyclefit and Step to the mindful flow of Vinyasa Yoga and Beginner Hatha. With each 45-minute to one-hour session, attendees will strengthen their bodies while helping build a stronger community.

“Our Brighton Megathon is more than just a good workout—it's a celebration of community spirit and generosity as we support one another and give back,” said Eunice Kirkpatrick, CEO of YMCA Northumberland. “Every donation fuels our mission to create healthier, more connected communities. Together, we can support programs that uplift and empower our neighbors to ignite their potential and thrive.”

A minimum donation of \$5 per class is encouraged, and participants can boost their impact by collecting pledges to help reach the event's \$750 fundraising goal.

Prizes and surprises await, and everyone—YMCA members and non-members alike—is welcome to join in on the fun happening at the Brighton YMCA, 170 Main Street, Brighton ON.

For the full schedule of classes for Monday, April 14, please visit the event web page at: <https://ymcanrt.org/brighton-megathon-2025/>

Don't miss this day of fitness, fun, and philanthropy!

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For more information, please contact:

**Kathryn Harrison, Manager, Marketing Communications & Media Relations,**  
YMCA Northumberland, 905.376.0293 / [kathryn.harrison@nrt.ymca.ca](mailto:kathryn.harrison@nrt.ymca.ca)

### **ABOUT YMCA NORTHUMBERLAND**

As a charity, YMCA Northumberland provides vital community services that have a positive impact on pressing social issues—from chronic disease to unemployment, social isolation, poverty, inequality and more. The Strong Community Campaign helps ignite the potential of countless children, teens, adults, and seniors in the community. YMCA Canada is one of the longest standing and largest charities nationally, with a presence in Canada since 1851 and now serving more than 2.1 million people annually across 1,700 program locations.