



# YMCA Northumberland Brighton

170 Main Street  
Brighton, ON

## GROUP FITNESS SCHEDULE

**June 30 - August 31, 2025**

PLANNED CLOSURE DATES: FRIDAY, JULY 18 - THURSDAY, JULY 31

*Schedules subject to change*

### Facility Hours

### BRIGHTON

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

### Holiday Hours

July 1, August 4 & September 1	9:00am - 5:00pm No Classes on Holidays
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**\*\*No Classes on Holidays**

Monday	Tuesday	Wednesday	Thursday	Friday
9:00AM - 10:00AM Step	9:00AM - 9:45AM MuscleFit	9:00AM - 10:00AM Wednesday Surprise	9:00AM - 9:45am CycleFit	9:00AM - 10:00AM HIIT
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
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
	7:00PM - 8:00PM HIIT		7:00PM - 8:00PM Bootcamp	

## BRIGHTON Y REFRESH CLOSURE PROGRAMS (FRIDAY, JULY 18 - THURSDAY, JULY 31)

### Y Walk & Shine (9:00am - 10:00am) - Meet in the Brighton Y Parking Lot

Monday, July 21	- Fast Walk
Tuesday, July 22	- Circuit Walk
Wednesday, July 23	- Pet Walk - bring your <i>friendly</i> pets along!
Thursday, July 24	- Circuit Walk
Friday, July 25	- Fast Walk

### Yoga in the Park (10:30am - 11:30am) - Meet in Memorial Park

Tuesday, July 22
Friday, July 25
Tuesday, July 29
Friday, August 1

Scan to view Class  
Descriptions Online



## 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](mailto:leanne.clarke@nrt.ymca.ca)



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### ARRIBA

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 or any other rhythm you can move your hips & 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

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.

### 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. Uses a barbell and plates to challenge muscles through a choreographed strength routine taught to music.

# BRIGHTON Class Descriptions

### STEP

This is a choreographed Step Class. It is designed to push your cardio into high gear.

### WEDNESDAY SURPRISE

Take a chance and try something unexpected every Wednesday. Class types and format will not stay the same, giving you the opportunity to try something new.

### YOGA

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

## PROGRAMS DURING CLOSURE (FRIDAY, JULY 18 - THURSDAY, JULY 31)

### Y WALK & SHINE

Participants meet in the Brighton Y parking lot each morning to experience a different invigorating walking program each day of the week.

### YOGA IN THE PARK

Similar to our regular yoga class, make the mind and body connection while also being surrounded by nature.

