



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 & 28	- Fast Walk
Tuesday, July 22 & 29	- Circuit Walk
Wednesday, July 23 & 30	- Pet Walk - bring your <i>friendly</i> pets along!
Thursday, July 24 & 31	- 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

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



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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.

