



# YMCA Northumberland Campbellford

50 Seymour Quarry Road  
Campbellford, ON

## GROUP FITNESS SCHEDULE

**June 30 - August 31, 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

**\*\*Mothers of Newborn Membership**

**All Therapy Pool classes limited to 35 participants using a token system**

### Facility Hours **CAMPBELLFORD**

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

### Holiday Hours

July 1, August 4 & September 1	7:00am - 5:00pm No Classes on Holidays
-----------------------------------	---

**\*\*No Classes on Holidays**

■ Studio A & B

■ Lane Pool

■ Studio B

■ Arena

■ Therapy Pool

### Monday Tuesday Wednesday Thursday Friday Saturday Sunday

6:30am - 7:15am  
Bootcamp

6:30am - 7:15am  
Core & Strength

6:30am - 7:15am  
Bootcamp

7:30am - 8:15am  
Cycle Fit

8:30am - 9:15am  
AquaFit

8:30am - 9:15am  
AquaFit

8:30am - 9:15am  
AquaFit

8:30am - 9:15am  
AquaFit

8:30am - 9:15am  
AquaFit

8:00am - 8:45am  
Bootcamp

9:30am - 10:15am  
Gentle AquaFit

9:30am - 10:15am  
Gentle AquaFit

9:30am - 10:15am  
Gentle AquaFit

9:30am - 10:15am  
Gentle AquaFit

9:30am - 10:15am  
AquaYoga

10:00am - 11:00am  
Prime Time

10:00am - 11:00am  
Prime Time

11:00am - 12:00pm  
Yoga

11:15am - 12:00pm  
Chair Pilates

11:00am - 12:00pm  
Yoga

11:15am - 12:00pm  
Beginner Pilates

11:00am - 12:00pm  
Yoga

12:30pm - 1:30pm  
Chair Strength / Yoga

1:15pm - 2:00pm  
AquaFit

12:30pm - 1:30pm  
Chair Strength / Yoga

1:15pm - 2:00pm  
AquaFit

1:15pm - 2:00pm  
Baby Water Bootcamp\*\*

6:15pm - 7:00pm  
Strong Bodies

1:15pm - 2:00pm  
Gentle AquaFit

6:15pm - 7:00pm  
Strong Bodies

1:15pm - 2:00pm  
Gentle AquaFit

5:30pm - 6:15pm  
AquaFit

7:15pm - 8:15pm  
Yoga

5:30pm - 6:15pm  
AquaFit

7:15pm - 8:15pm  
Yoga

5:00pm - 5:45pm  
Water Bootcamp

**SUNNY LIFE**  **RECREATION & WELLNESS CENTRE**

Scan to view more  
details online.



Schedules subject to change.

### Pickleball (Arena)

10:00am - 12:00pm  
Pickleball

10:00am - 12:00pm  
Pickleball

10:00am - 12:00pm  
Pickleball

10:00am - 12:00pm  
Pickleball

10:00am - 12:00pm  
Pickleball

9:00am - 12:00pm  
Pickleball

9:00am - 4:00pm  
Pickleball

6:00pm - 8:45pm  
Pickleball

6:00pm - 8:45pm  
Pickleball

6:00pm - 8:45pm  
Pickleball

6:00pm - 8:45pm  
Pickleball

6:00pm - 8:45pm  
Pickleball

5:00pm - 7:45pm  
Pickleball

## Class Descriptions

### BEGINNER PILATES

Introduces core-strengthening and flexibility exercises through gentle, controlled movements on a mat, with a focus 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

Beginner-friendly, it improves flexibility, core strength, and posture. Focused on controlled movements, alignment, and mindful breathing, this low-impact workout builds a strong foundation. Includes step-by-step guidance and modifications to ensure a safe and comfortable experience.

### 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 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 STRENGTH YOGA

This class combines both the Chair Strength class and the Chair Yoga Class to help with strength, flexibility and mobility, adapted for the chair.

#### 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.

#### 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.

### PICKLEBALL

Offered as a drop in casual play program. Games will not be monitored, refereed or evaluated. Drop-in participants are responsible to self-govern rules, plus ensure everyone is included & receives fair court time.

### 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.

#### AQUA YOGA

The perfect combo of yoga principles and water's buoyancy to enhance flexibility, strength, and balance. This low-impact class supports movement, reduces joint stress, and is suitable for all fitness levels and those with joint pain or limited mobility.

#### BABY WATER BOOTCAMP\*\*

Using the properties of water, exercises are used to improve your strength and stamina while baby is able to float and play using our baby floating devices. This program is always a baby favorite!!!

#### 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

This high-energy, full-body class combines strength, cardio, and core exercises. Using the natural resistance of water, get intensity while being easy on the joints, making it accessible for all fitness levels.