

# GROUP FITNESS SCHEDULE

**June 29 - September 1, 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

**Registration open ongoing | \*Register for class online.**

**\*\*Register as part of Mothers of Newborn Program.**

■ Outside 
 ■ Ground Level Studio 
 ■ Upstairs Studio 
 ■ Pool 
 ■ Gymnasium

## Facility Hours **COBOURG**

**Monday-Friday** 5:00AM - 9:30PM  
**Saturday** 6:00AM - 7:00PM  
**Sunday** 7:00AM - 5:00PM

## Holiday Hours

**July 1, August 4  
& September 1** 7:00AM - 5:00PM  
**No Classes on Holidays**

## Monday Tuesday Wednesday Thursday Friday Saturday

6:00AM - 6:45AM  
CycleFit

6:00AM - 6:45AM  
Gravity\*

6:00AM - 6:45AM  
CycleFit

8:00AM - 8:45AM  
Gravity\*

8:00AM - 8:45AM  
Revitalizing Gravity\*

8:00AM - 8:45AM  
Gravity\*

8:00AM - 8:45AM  
Gravity\*

9:00AM - 9:45AM  
Revitalizing Gravity\*

9:00AM - 9:45AM  
Prime Time Gravity\*

9:00AM - 9:45AM  
Gravity\*

9:00AM - 9:45AM  
Prime Time Gravity\*

9:00AM - 9:45AM  
Gravity\*

9:00AM - 10:00AM  
Prime Time

9:00AM - 10:00AM  
Arriba

9:00AM - 10:00AM  
Prime Time

9:00AM - 10:00AM  
Arriba

9:00AM - 10:00AM  
Prime Time

9:00AM - 10:00AM  
Gentle Yoga Flow

10:00AM - 10:45AM  
CycleFit

10:00AM - 10:45AM  
CycleFit

10:15AM - 11:00AM  
MuscleFit

10:15AM - 11:00AM  
Strong Bodies

10:15AM - 11:00AM  
Head to Toe Pilates

10:15AM - 11:00AM  
P45

10:15AM - 11:00AM  
Saturday Circuit

10:15AM - 11:00AM  
Head to Toe Pilates

11:15AM - 12:00PM  
Mom & Baby Fitness\*\*

11:15AM - 12:00PM  
Mom & Baby Yoga\*\*

11:00AM - 11:45AM  
Mom & Baby Stroller Strong\*\*

11:15AM - 12:15PM  
Flow Yoga

11:15AM - 12:15PM  
ZenPilates

11:15AM - 12:15PM  
Gentle Yoga

11:15AM - 12:15PM  
Flow Yoga

11:15AM - 12:15PM  
Restorative Yoga

1:00PM - 2:00PM  
Gentle Chair Yoga

1:00PM - 2:00PM  
Chair Strength

1:00PM - 2:00PM  
Restorative Yoga

1:00PM - 2:00PM  
Chair Strength/Yoga

5:30PM - 6:30PM  
P60

5:00PM - 5:45PM  
Gravity\*

5:00PM - 5:45PM  
Arriba

5:15PM - 6:00PM  
Musclefit

7:00PM - 8:00PM  
Yin Yoga

7:00PM - 7:45PM  
Gravity\*

6:15PM - 6:45AM  
CycleFit Express

7:00PM - 8:00PM  
Gentle Yoga

## RECREATION SCHEDULE \*REGISTRATION REQUIRED FOR ALL PICKLEBALL SESSIONS.

## Monday Tuesday Wednesday Thursday Friday Saturday

10:00AM - 12:00PM  
Pickleball

8:30AM - 10:00AM  
Pickleball

7:00PM - 8:00PM  
Adult Volleyball Drop-In

7:00PM - 8:30PM  
Volleyball Skills  
& Drills Drop-in

7:00PM - 8:00PM  
Adult Volleyball Drop-In

8:00PM - 9:00PM  
Adult Volleyball Drop-In

8:00PM - 9:00PM  
Adult Volleyball Drop-In

## POOL CLASSES SEE AQUATIC SCHEDULE FOR MORE OPTIONS IN THE POOL.

## Monday Tuesday Wednesday Thursday Friday Saturday

6:30AM - 7:15AM  
Water Power Fitness

6:30AM - 7:15AM  
Water Power Fitness

6:30AM - 7:15AM  
Water Power Fitness

9:30AM - 10:15AM  
AquaFit

8:30AM - 9:15AM  
AquaFit

9:30AM - 10:15AM  
AquaFit

8:30AM - 9:15AM  
AquaFit

## ARRIBA

A high-energy dance-based fitness party where we focus on the basic Latin rhythms with a splash of Dance, Bollywood, Belly Dance, Hip Hop and other rhythm you can move your hips and feet too!

## CHAIR STRENGTH

Within this class, participants will focus on light resistance training using a variety of accessories such as resistance bands and weighted balls. Most exercises are performed while seated in a chair.

## 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.

## 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.

## CYCLEFIT EXPRESS

Our classic Cyclefit Class, condensed to 30 minutes.

## DROP-IN VOLLEYBALL (ADULT)

Join us for an energetic adult drop-in volleyball session in the gymnasium, where you can stay active, sharpen your skills, and enjoy some friendly competition. No registration is required.

## DROP-IN VOLLEYBALL SKILLS & DRILLS (ADULT)

Build your volleyball fundamentals through focused drills and gameplay. Improve your serve, pass, set and hit in a fun, supportive environment.

## GRAVITY\*

Using our Total Gym Encompass machine, get a full-body workout each class. Workout multiple muscle groups together to develop proprioception and core stabilizers by integrating multi-plane movement and unrestricted range of motion in nearly every exercise.

## \*\*Part of Mothers of Newborn Program

## MOM AND BABY FITNESS\*\*

As part of the Mothers of Newborn program, for this fitness class moms can bring their baby to workout. Each week is different. Classes include but are not limited to yoga, and strong bodies.

## MOM AND BABY STROLLER STRONG\*\*

This class is designed for parents with younger children who can remain in their stroller. You will increase muscular and cardiovascular strength in this boot camp-style class.

## MOM AND BABY YOGA\*\*

A welcoming and supportive class for Mom & Baby to connect with others. It conditions the body through gentle movements that include stretching, restorative poses and movements to improve posture and reduce stress.

## 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 muscles through a choreographed strength routine taught to music.

## P45

P45 aka Power45 is a cardio, strength and core hybrid delivered in 45 high-intensity minutes. Combines cardio like kickboxing, total body strength and floor exercises to strengthen the thighs, glutes and core. Incorporates dumbbells, gliders, and steps.

## P60

P60 aka Power60 is a 60 minute version of P45 described above.

## PICKLEBALL\*

Pickleball is a designated recreational game play. Learn from each other and further develop your skills. Bring your own paddle or sign one out.

## 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 covers balance, flexibility and range of motion.

## PRIME TIME GRAVITY\*

Similar to our Gravity class (see description here) but geared towards participants ages 55+. Allows for slower transitions between exercises and an increased time for recovery. Great for first timers!

## REVITALIZING GRAVITY\*

Everything our regular Gravity class offers with the bonus of long deep stretches that incorporate the Total Gym Encompass.

## SATURDAY CIRCUIT

An interval class with a variety of exercises including resistance, endurance, & cardiovascular training all performed in a circuit using different equipment and varying amounts of rest.

## 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.

## 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.

### Water Power Fitness

This class welcomes all fitness levels and is designed to improve your cardio, strength, and range of motion in the comfort of water.

## YOGA & PILATES CLASSES

### Flow Yoga

An invigorating physical and mental practice, linking every pose to breath. As your experience evolves, you will be able to find your own rhythm by focusing inward and accepting what your body needs. Get ready to move. A range of modifications will be offered so this practice is suitable for the beginner through to the more advanced.

### Gentle Yoga

For unhurried approach to yoga, enjoy a mat practice that is slower paced and deliberate. Focus on the mindful and meditative benefits of yoga as the practice explores modified poses and longer holds. A great practice if you are new to yoga, or for someone looking for a softer yoga experience.

### Head to Toe Pilates

An invigorating class that focuses on strengthening the entire body and incorporates a variety of mat-based exercises to target core, arms, legs and back to improve posture, flexibility and body awareness.

### Gentle Chair Yoga

Increase flexibility and mobility through classic and gentle Yoga postures, adapted for the chair.

### Gentle Yoga Flow

This class is a more gentle, slower version of our Flow Yoga class.

### Restorative Yoga

A deeply relaxing slow paced style of yoga using props such as bolsters, blocks and blankets in a variety of reclining postures. Long holds and deep breathing are used to release stress and tension in the physical body as thoughts and feelings are explored, then released to allow for deep rest, healing and coming into alignment. All levels.

### YIN YOGA

Experience deep relaxation and enhanced flexibility with Yin Yoga. This gentle, slow-paced class involves long-held, passive poses that target deep connective tissue. Yin Yoga promotes mindfulness and stress relief, leaving you feeling calm and rejuvenated.

### ZenPilates

Experience the perfect blend of Gentle Yoga and Pilates in ZenPilates. Ideal for all fitness levels this class focuses on balance, flexibility, and core strength. Join in for a harmonious workout that revitalizes body, mind and spirit.

Scan to view online



\*Register for class online at [ymcanrt.org](https://ymcanrt.org)

## OUR STRONG COMMUNITIES CAMPAIGN

The YMCA is committed to building healthier communities, creating opportunity, fostering potential, and encouraging belonging. If you require financial assistance for any programs please contact Leanne Clarke [leanne.clarke@nrt.ymca.ca](mailto:leanne.clarke@nrt.ymca.ca)