



# YMCA Northumberland Brighton

170 Main Street  
Brighton, ON

## Facility Hours

Monday-Thursday	6:00AM - 9:00PM
Friday	6:00AM - 7:00PM
Saturday	8:00AM - 5:00PM
Sunday	9:00AM - 5:00PM

## Holiday Hours (No Classes)

September 1 October 13	9:00AM - 5:00PM
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# GROUP FITNESS SCHEDULE

## September 1 - November 2, 2025

*Schedules subject to change*

### Monday

8:00am - 8:45am  
Bosu

9:00am - 10:00am  
Step

10:15am - 11:15am  
Lite & Lively

11:30am - 12:30pm  
Chair Strength

6:00pm - 7:00pm  
Yoga for Athletes (Ends Sept. 22)  
HIIT (Starts Sept. 29)

### Tuesday

9:00am - 9:45am  
MuscleFit

10:15am - 11:00am  
Arriba

11:15am - 12:15pm  
Yoga

6:00pm - 6:45pm  
Yoga (Ends Oct. 14)

7:00pm - 8:00pm  
Strong Bodies

### Wednesday

8:00am - 8:45am  
Beginner Balance/Bosu

9:00am - 10:00am  
Wed. Surprise (Ends Sept. 24)  
20/20/20 (Starts Oct. 1)

10:15am - 11:15am  
Ball Strength

11:30am - 12:30pm  
Chair Strength

6:00pm - 7:00pm  
Yoga for Athletes (Ends Sept. 24)  
20/20/20 (Starts Oct. 1)

### Thursday

8:00am - 8:45am  
CycleFit

9:00am - 9:45am  
Kickboxing

10:15am - 11:15am  
Lite & Lively

11:30am - 12:30pm  
Chair Yoga

6:00pm - 6:45pm  
Yoga (Ends Oct. 16)

7:00pm - 8:00pm  
Bootcamp

### Friday

9:00am - 10:00am  
HIIT

10:15am - 11:15am  
Yoga

11:30am - 12:30pm  
Chair Strength

### Saturday

9:00am - 10:00am  
Saturday Special

Sept. 6 - Yoga  
Sept. 13 - Step  
Sept. 20 - Ball  
Sept. 27 - No Class  
Oct. 4 - Kickboxing  
Oct. 11 - CycleFit  
Oct. 18 - Step  
Oct. 25 - Lite & Lively  
Nov. 2 - 20/20/20

## Pop-Up Classes this September:

### Pilates

Saturday Sep. 6	10:15am - 11:00pm
Tuesday Sep. 9	8:00am - 8:45am
Thursday Sep. 18	2:15pm - 3:00pm

### Core Mobility Fusion

Tuesdays September 2, 16, 23 & 30  
8:00am - 8:45am

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)



YMCA Northumberland  
**Brighton**  
170 Main Street  
Brighton, ON

# BRIGHTON

## Class Descriptions

### 20/20/20

Class consists of 20 minutes of cardio, 20 minutes of strength and 20 minutes of core and stretch.

### 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.

### BEGINNER BALANCE/BOSU

A beginner class with exercises that focus on basic stability and balance by using the unstable surface of the BOSU to challenge your core and leg muscles.

### BOOTCAMP

A type of group physical training program. These programs are designed to build strength and fitness through a variety of types of exercise.

### BOSU

Consists of an inflated rubber hemisphere attached to a rigid platform. When the dome side faces up, the BOSU ball provides an unstable surface while the device remains stable. The ball class helps users coordinate muscles and nerves for unstable conditions that you experience in everyday life, but it also assists you with stretching, rehabilitation, and strength training.

### 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.

### KICKBOXING

Combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

### LITE & LIVELY

A low impact, low intensity workout using a combination of movements and light weights to increase strength and develop cardio health.

### MUSCLEFIT

This strength-based group fitness class helps 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.

### STEP

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

### 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.

### 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.

### YOGA FOR ATHLETES

Improve strength, mobility, and balance while enhancing recovery and focus. This class blends dynamic stretches, mindful breathing, and targeted poses to support athletic performance and reduce risk of injury. Suitable for all levels.