



YMCA Northumberland Campbellford

50 Seymour Quarry Road
Campbellford, ON

GROUP FITNESS SCHEDULE

September 1 - October 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 (No Classes)

September 1 7:00am - 5:00pm
October 13

****No Classes on Holidays**

Studio A & B Lane Pool



New class

Studio B

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

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

9:00am - 10:00am
Morning Stretch & Tone

10:00am - 10:45am
Cardio Kickboxing

9:00am - 9:30am
Intro to CycleFit

9:30am - 10:15am
CycleFit

10:00am - 11:00am
Prime Time

9:30am - 10:15am
CycleFit

11:00am - 12:00pm
Yoga

10:00am - 11:00am
Prime Time

11:00am - 12:00pm
Yoga

11:15am - 12:00pm
Beginner Pilates

11:00am - 12:00pm
Yoga

12:15pm - 1:15pm
Chair Yoga

11:15am - 12:00pm
Chair Pilates

12:15pm - 1:15pm
Chair Yoga

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

1:15pm - 2:00pm
AquaFit

1:15pm - 2:00pm
Gentle AquaFit

1:15pm - 2:00pm
AquaFit

1:15pm - 2:00pm
Gentle AquaFit

3:00pm - 4:00pm
Yin & Restorative Yoga

5:30pm - 6:15pm
AquaFit

6:15pm - 7:00pm
Strong Bodies

5:30pm - 6:15pm
AquaFit

6:15pm - 7:00pm
Strong Bodies

5:00pm - 5:45pm
Water Bootcamp

7:15pm - 8:15pm
Yoga

7:15pm - 8:15pm
Yoga

Please note: "Intro to CycleFit"
is a bi-weekly class running
Sept 9, 23, 30 and Oct 7, 21

Schedules subject to change.

SUNNY LIFE RECREATION & WELLNESS CENTRE

Scan to view more
details online.



Class Descriptions

BEGINNER PILATES

Introduces core-strengthening and flexibility exercises through gentle, controlled movements on a mat, focusing on improving posture, balance, & overall body awareness.

BOOTCAMP

Combining dynamic strength exercises and heart-pumping cardio intervals, this full-body workout builds power, stamina, and agility. For all fitness levels.

CARDIO KICKBOXING

A high-energy, full-body workout that blends martial arts-inspired movements with heart-pumping cardio drills. Punch, kick, and strike your way through combinations. Set to upbeat music to improve strength, endurance, coordination, and agility.

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.

CYCLEFIT

Burn calories and get the heart pumping, while you 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.

INTRO TO CYCLEFIT (SEPT 9, 23, 30 AND OCT 7, 21)

A bi-weekly beginner-friendly session introducing you to proper indoor bike set-up—adjusting seat height, fore/aft position, and handlebar height for optimal comfort and knee alignment. Includes a light warm-up, basic seated and standing drills, a short simulated hill and flat ride, then finishing with a cool-down and stretch.

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 beloved class.

YOGA CLASSES

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.

MORNING STRETCH & TONE

An energizing yoga flow to start your day with an inner glow. You'll tone your body, strengthen your brain and relax your entire nervous system.

YIN & RESTORATIVE YOGA

A gentle yoga designed to help you relieve tension, focus on breathing, and increase mindfulness. Offers a perfect complement to a hectic, fast-paced life or intense workouts.

YOGA

This all-levels class is designed to enhance flexibility, strength, and relaxation. Improve balance and posture while reducing stress.

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.