



**YMCA Northumberland
Cobourg**
339 Elgin Street West
Cobourg, ON

**SUNDAY OCTOBER 5 to
THURSDAY OCTOBER 9**

**EQUIPMENT
REFRESH
PHASE 2**

UPSTAIRS CLOSURE PLANNER

**Cobourg Y
PCC**



ALTERNATIVE WORKOUT AREAS & OPTIONS AVAILABLE:

GYMNASIUM : WORKOUT CENTRE

A dynamic space set up for heavier lifting, pushes and pulls, featuring TRX, bench press, dumbbells, deadlift station, sled, pull up's, landmine, BOSU balls, sandbags, shuttle run lane and a mat area.

GROUND LEVEL STUDIO : GRAVITY & SPIN DROP IN

This studio will enable flexible, independent training to get a full body workout using the Gravity machines on your own. A certified instructor will be on site to guide & assist as needed. Plus enjoy spin bikes, and extras such as light hand weights and bands. Pedal, power, & defy Gravity.

UPSTAIRS STUDIO : STRETCH & SCULPT SPACE

Stretch. Move. Energize. This studio will be set up with mats for stretching, mobility work, & body weight exercises plus a limited selection of light accessories such as weights, balls and bands.

GYMNASIUM : WORKOUT CENTRE

Sun, Oct. 5

Mon, Oct. 6

Tues, Oct. 7

Wed, Oct. 8

Thurs, Oct. 9

5:00AM - 8:30AM

5:00AM - 8:30AM

5:00AM - 8:30AM

5:00AM - 8:30AM

1:30PM - 9:00PM

1:30PM - 9:00PM

GROUND LEVEL STUDIO : GRAVITY & SPIN DROP IN

Sun, Oct. 5

Mon, Oct. 6

Tues, Oct. 7

Wed, Oct. 8

Thurs, Oct. 9

7:00AM - 5:00PM

7:00AM - 7:45AM

7:00AM - 8:45AM

7:00AM - 7:45AM

7:00AM - 7:45AM

11:00AM - 12:00PM

1:00PM - 4:45PM

11:00AM - 12:30PM

10:00AM - 11:00AM

2:15PM - 9:00PM

6:00PM - 9:00PM

2:15PM - 4:45PM

12:15PM - 4:45PM

8:00PM - 9:00PM

7:00PM - 9:00PM

UPSTAIRS STUDIO: STRETCH & SCULPT SPACE

Sun, Oct. 5

Mon, Oct. 6

Tues, Oct. 7

Wed, Oct. 8

Thurs, Oct. 9

7:00AM - 8:45AM

5:00AM - 10:00AM

5:00AM - 7:45AM

5:00AM - 11:00AM

5:00AM - 10:00AM

10:15AM - 5:00PM

12:30PM - 4:45PM

9:00AM - 11:00AM

1:00PM - 5:15PM

2:15PM - 6:45PM

7:15PM - 9:00PM

12:30PM - 6:45PM

7:15PM - 9:00PM

8:15PM - 9:00PM

*Closure dates subject to change.
All equipment is subject to availability*

Use Y@Home during the closure!
It's free with your membership.
Check out the workout plans for options at home!



**25+ new equipment pieces
& more are arriving!**