



YMCA Northumberland Brighton

170 Main Street
Brighton, ON

BRIGHTON

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)

Monday, Feb. 16	9:00AM - 5:00PM
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Schedules subject to change

GROUP FITNESS SCHEDULE

January 5 - March 15, 2026

*Sign up is required at the Front Desk or by phone call due to equipment limits.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

9:00am - 10:00am
Step

9:00am - 9:45am
MuscleFit

8:00am - 8:45am
Bosu*

8:00am - 8:45am
CycleFit

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

10:15am - 11:15am
Arriba

10:15am - 11:15am
Ball Strength

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

9:00am - 10:00am
HIIT

9:00am - 10:00am
Saturday Special

11:30am - 12:30pm
Chair Strength

11:15am - 12:15pm
Yoga

11:30am - 12:30pm
Chair Strength

11:30am - 12:30pm
Chair Yoga

11:30am - 12:30pm
Chair Strength

Jan 10 - Yoga
Jan 17 - 20/20/20
Jan 24 - Step
Jan 31 - Musclefit
Feb 7 - Bosu*
Feb 14 - No Class
Feb 21 - Tabata
Feb 28 - Arriba
Mar 7 - Lite & Lively
Mar 14 - Power of 5

6:00pm - 7:00pm
Strong Bodies

5:30pm - 6:30pm
Beginner Mat Pilates

5:45pm - 6:45pm
20/20/20

6:00pm - 6:45pm
Bosu*

7:00pm - 8:00pm
HIIT

7:00pm - 8:00pm
Bootcamp

Pop-Up Classes this January:

Core Mobility Fusion

Tuesday, January 6, January 13, January 20 & January 27
8:00am - 8:45am

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

Scan to view Class
Descriptions Online





YMCA Northumberland
Brighton
170 Main Street
Brighton, ON

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Class Descriptions

January 5 - March 15, 2026

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 too!

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.

BOOTCAMP

A type of group physical training program. This program is 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.

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.

PILATES

Involves a series of precise movements to strengthen your core muscles while making you more flexible. You'll typically do it on a mat or with special equipment.

POWER OF 5

Creative combination of spin bikes and weights. 5 minute intervals keeping the workout fun and invigorating.

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.

TABATA

Tabata training is a form of high-intensity interval training. It involves switching between 20 second exercise and 10 second rest intervals for 4 minutes. It provides a time-efficient workout to help you burn calories and improve your fitness.

WEIGHT AND SEE

A high energy session that uses weights and cardio to focus on engaging multiple muscle groups & emphasizes strength and endurance. This combo of cardio and strength training is suitable for all levels of fitness and is delivered in various formats.

YOGA

Increase flexibility, release tension and make the mind and body connection in this class through breathing, postures and relaxation techniques.

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