



YMCA Northumberland Campbellford

50 Seymour Quarry Road
Campbellford, ON

CAMPBELLFORD FACILITY HOURS

M	Dec. 22	6:00am-9:00pm	Dec. 29	6:00am-9:00pm
T	Dec. 23	6:00am-9:00pm	Dec. 30	6:00am-9:00pm
W	Dec. 24	6:00am-2:00pm	Dec. 31	6:00am-2:00pm
Th	Dec. 25	Closed	Jan. 1	Closed
F	Dec. 26	7:00am-5:00pm	Jan. 2	6:00am-9:00pm
S	Dec. 27	7:00am-8:00pm	Jan. 3	7:00am-8:00pm
Su	Dec. 28	7:00am-5:00pm	Jan. 4	7:00am-5:00pm

Participants must be 16 years or older to attend Group Fitness Classes

All Therapy Pool classes limited to 35 participants using a token system

Hours differ from regular facility hours

Studio A & B

Lane Pool

Studio B

Therapy Pool

WEEK 1 | December 22 - December 28

Monday

8:30AM - 9:15AM
Aqua Fit

9:30AM - 10:15AM
Gentle Aqua Fit

10:00AM - 10:45AM
Cycle Fit

11:00AM - 12:00PM
Yoga

12:15PM - 1:15PM
Chair Yoga

5:00PM - 5:45AM
Aqua Fit

Tuesday

10:00AM - 11:00AM
Prime Time

11:15AM - 12:00PM
Chair Pilates

Wednesday

8:30AM - 9:15AM
Aqua Fit

9:30AM - 10:15AM
Gentle Aqua Fit

11:00AM - 12:00PM
Yoga

12:15PM - 1:15PM
Chair/Strength Yoga

Thursday

CLOSED

Friday

8:30AM - 9:15AM
Aqua Fit

9:30AM - 10:15AM
Gentle Aqua Fit

Saturday

SUNNY
LIFE RECREATION
& WELLNESS
CENTRE

Schedules subject to change.

WEEK 2 | December 29 - January 4

Monday

8:30AM - 9:15AM
Aqua Fit

9:30AM - 10:15AM
Gentle Aqua Fit

10:00AM - 10:45AM
Cycle Fit

11:00AM - 12:00PM
Yoga

12:15PM - 1:15PM
Chair Yoga

5:00PM - 5:45AM
Aqua Fit

Tuesday

10:00AM - 11:00AM
Prime Time

11:15AM - 12:00PM
Chair Pilates

Wednesday

8:30AM - 9:15AM
Aqua Fit

9:30AM - 10:15AM
Gentle Aqua Fit

11:00AM - 12:00PM
Yoga

12:15PM - 1:15PM
Chair/Strength Yoga

Thursday

CLOSED

HAPPY
NEW YEAR

Friday

8:30AM - 9:15AM
Aqua Fit

9:30AM - 10:15AM
Gentle Aqua Fit

11:00AM - 12:00PM
Yoga

Saturday

Scan for more
details:



Class Descriptions

CYCLEFIT

Burn calories and get the heart pumping during a ride packed with climbs, sprints, and intervals to build strength, endurance, and power. Set to motivating music and led by your instructor, use our specialized bikes that can be customized to your fitness level.

YOGA CLASSES

CHAIR YOGA

Improve flexibility, strength, and balance through seated and standing poses while promoting relaxation and mindfulness. Ideal for beginners or those with mobility challenges.

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.

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.