



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

HOLIDAY GROUP FITNESS!

WEEK 1 | December 22- December 28

WEEK 2 | December 29 - January 4

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.

■ Ground Level Studio ■ Upstairs Studio ■ Gymnasium

WEEK 1 | December 22 - December 28

COBOURG FACILITY HOURS

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

🕒 Hours differ from regular facility hours

Schedules subject to change.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

6:15AM - 7:00AM
Gravity First Frost*

6:00AM - 6:45AM
First Light Ride

6:15AM - 7:00AM
Gravity First Frost*

CLOSED

7:50AM - 8:20AM
Gravity Holiday Express*

7:50AM - 8:20AM
Gravity Holiday Express*

7:50AM - 8:20AM
Gravity Holiday Express*

8:30AM - 9:00AM
Gravity Holiday Express*

8:30AM - 9:00AM
Gravity Holiday Express*

8:30AM - 9:00AM
Gravity Holiday Express*

9:00AM - 10:00AM
Winter Warm Up

9:00AM - 10:00AM
Arriba Dance Glow

9:00AM - 10:00AM
Winter Warm Up

9:10AM - 9:40AM
Gravity Holiday Express*

9:10AM - 9:40AM
Gravity Holiday Express*

9:10AM - 9:40AM
Gravity Holiday Express*

10:00AM - 10:45AM
Sleigh Bells Spin

10:15AM - 11:00AM
Sleigh the Workout

10:00AM - 10:45AM
Sleigh Bells Spin

10:15AM - 11:00AM
Frost & Fire Pilates

11:15AM - 12:15PM
Restore & Recentre

11:15AM - 12:15AM
Before the Festivities Yoga

10:15AM - 11:00AM
Holiday Muscle Surprise

4:30PM - 5:00PM
Gravity Holiday Express*

11:15AM - 12:15PM
Power Glow Flow

5:15PM - 5:45PM
Gravity Holiday Express*

1:00PM - 2:00PM
Chair: Snowflake Stretch

6:00PM - 6:45PM
Sleigh Bells Spin

5:00PM - 5:45PM
Silent Night Sculpt

7:00PM - 8:00PM
Candlelight Winter Yin

8:30AM - 9:30AM
Back to the Grind: Glide & Ride

10:00AM - 11:00AM
Boxing Day Burn & Blast

10:00AM - 11:00AM
Steady Glow Flow



*Register for class online at ymcanrt.org

Participants must be 15 years or older to attend Group Fitness Classes

WEEK 2 | December 29 - January 4

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

6:15AM - 7:00AM
Gravity First Frost*

6:00AM - 6:45AM
First Light Ride

6:15AM - 7:00AM
Gravity First Frost*

CLOSED

6:00AM - 6:45AM
First Light Ride

7:50AM - 8:20AM
Gravity Holiday Express*

7:50AM - 8:20AM
Gravity Holiday Express*

7:50AM - 8:20AM
Gravity Holiday Express*

HAPPY
NEW YEAR

7:50AM - 8:20AM
Gravity Holiday Express*

8:30AM - 9:00AM
Gravity Holiday Express*

8:30AM - 9:00AM
Gravity Holiday Express*

8:30AM - 9:00AM
Gravity Holiday Express*

8:30AM - 9:00AM
Gravity Holiday Express*

8:30AM - 9:30AM
Back to the Grind: Glide & Ride

9:00AM - 10:00AM
Winter Warm Up

9:00AM - 10:00AM
Arriba Dance Glow

9:00AM - 10:00AM
Winter Warm Up

9:10AM - 9:40AM
Gravity Holiday Express*

10:00AM - 11:00AM
Steady Glow Flow

9:10AM - 9:40AM
Gravity Holiday Express*

9:10AM - 9:40AM
Gravity Holiday Express*

9:10AM - 9:40AM
Gravity Holiday Express*

10:00AM - 11:00AM
New Year Bodyweight Burn

10:00AM - 10:45AM
Countdown Ride

10:15AM - 11:00AM
Countdown Crushers

10:00AM - 10:45AM
Countdown Ride

10:15AM - 11:00AM
Frost & Fire Pilates

11:15AM - 12:15PM
Restore & Recentre

11:15AM - 12:15AM
Before the Festivities Yoga

11:15AM - 12:15PM
Restore & Recentre

10:15AM - 11:00AM
Holiday Muscle Surprise

4:30PM - 5:00PM
Gravity Holiday Express*

11:15AM - 12:15PM
Power Glow Flow

5:15PM - 5:45PM
Gravity Holiday Express*

1:00PM - 2:00PM
Chair: Snowflake Stretch

6:00PM - 6:45PM
Countdown Ride

5:00PM - 5:45PM
Toned Countdown

7:00PM - 8:00PM
Candlelight Winter Yin

**PLEASE SEE OUR HOLIDAY PLANNER FOR
GROUP FITNESS CLASSES IN THE POOL AS
WELL AS SCHEDULES FOR PICKLEBALL &
VOLLEYBALL.**



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Class Descriptions HOLIDAY GROUP FITNESS!

ARRIBA DANCE GLOW

A Latin dance workout in dimmed lighting with party lights, glow sticks, fun choreography, and upbeat rhythms that keep you shining.

BACK TO THE GRIND: GLIDE & RIDE

A high-energy mix of Spin intervals and Gravity Strength work to help you get back to the grind after the holidays. Expect sweat, structure, and a powerful reset to kick start your routine.

BOXING DAY BURN & BLAST

A high-energy circuit class that rotates through Gravity units, spin bikes, and a full-body strength stations. Expect fast intervals, big sweat, and an ALL-LEVELS post-holiday reboot.

CHAIR RENEW

A feel-good chair class combining light strength and flexibility training. Gentle pauses for reflection help you refresh your mindset for this New Year.

CHAIR: SNOWFLAKE STRETCH

An approachable chair-supported class with gentle stretches, mindful movement, and a calming winter-inspired theme to help restore comfort and mobility.

COUNTDOWN CRUSHERS

A high-intensity strength class driven by timed countdowns and powerful intervals. Each round gets shorter, harder, and more focused as you lift, push and crush every countdown. Finish this year strong!

COUNTDOWN RIDE

Prepare for New Years with this upbeat countdown-style spin class. Times intervals build intensity as the ride from 10 down to 1 for a fun, energizing finish.

FIRST LIGHT RIDE

An early-morning Cyclefit session designed to wake you up, warm you up, and build momentum for the day. Climb, sprint, and energize your morning ride.

FROST & FIRE PILATES

A bold winter-inspired Pilates workout that blends fiery core work with powerful sculpting and crisp, controlled movement. Expect intensity, heat, and a fierce seasonal burn.

GRAVITY FIRST FROST*

A crisp early-morning Gravity workout designed to shake off the frost, warm up the body, and build strength for the day ahead. Glide, heat up, and start your morning strong. All fitness levels welcome.

GRAVITY HOLIDAY EXPRESS*

A faster paced 30 minute workout using our Total Gym Gravity units. Expect quicker transitions, fewer rest periods, and a full, efficient workout that lets you Glide your way through the holidays.

HOLIDAY MUSCLE SURPRISE

A music-driven, full body strength class inspired by MuscleFit. Timed to upbeat tracks with a festive twist, featuring a mix of exercises and fun surprises.

NEW YEAR BODYWEIGHT BURN

A light full-body bodyweight class that blends strength, mobility, balance and easy cardio aerobics. Move to music, warm up the body, and ease back in after New Year's with supportive feel good movement for all ages of fit participants.

SILENT NIGHT SCULPT

A Pilates-inspired toning class with flowing sequences, core focused work, and heavy nighttime beats. Smooth, controlled, and sculpting from start to finish.

SLEIGH BELLS SPIN

An all-levels Cyclefit ride with festive energy and feel-good beats. Expect steady climbs, smooth rides, and seasonal spirit as you pedal your way through the holidays.

SLEIGH THE WORKOUT

An intense, holiday-themed workout using a mix of equipment, playful challenges, and a fun game element. Fast paced, festive and perfect for FIT individuals who want to sleigh their workout!!!

TONED COUNTDOWN

A slow-burn toning class that moves from 10 to 1 with precise, sculpting movements and a rising, controlled fire through your core and lower body.

WINTER WARM UP

A soft-fitness class featuring low-impact cardio, light strength work, and balance training - perfect for staying strong, steady, and confident through the season.

YOGA CLASSES

BEFORE THE FESTIVITIES YOGA

A yoga session designed to prepare your body and mind with light movement, soothing stretches, and steady breathing - helping you feel centered and ready for what's ahead.

CANDLELIGHT WINTER YIN

A calm, gentle Yin inspired practice with long, supported holds and soft festive energy. Move and breath by candlelight as you settle into stillness, release tension, and restore your body with cozy winter-inspired poses.

POWER GLOW FLOW

A kicked up version of Steady Glow Flow.

RESTORE & RECENTRE

A soft blend of Yoga and Pilates focused on slow, intentional movement, light core work, and gentle stretches. Take time for yourself to reconnect, rebalance, and move with ease.

STEADY GLOW FLOW

A smooth, easy-moving yoga class that blends gentle stretching, soft flows, and a hint of warm energy. Expect fluid movements, calm beats, and a feel good practice that restores without slowing you down.

Scan for more details on
what's happening over the
holidays:



*Register for class online at ymcanrt.org

YMCA NORTHUMBERLAND - STRONG COMMUNITIES CAMPAIGN

The YMCA is committed to building healthier communities, creating opportunity, fostering potential, and encouraging belonging. If you require financial assistance for any programs please contact Leanne Clarke leanne.clarke@nrt.ymca.ca