



# 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 - Bosu\*  
Jan 31 - Musclefit  
Feb 7 - Step  
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](mailto:leanne.clarke@nrt.ymca.ca)

Scan to view Class  
Descriptions Online





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**Brighton**  
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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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