



YMCA Northumberland Campbellford

50 Seymour Quarry Road
Campbellford, ON

Facility Hours **CAMPBELLFORD**

Monday-Friday 6:00am - 9:00pm

Saturday 7:00am - 8:00pm

Sunday 7:00am - 5:00pm

Holiday Hours

Monday, Feb. 16 7:00am - 5:00pm

****No Classes on Holidays**

GROUP FITNESS SCHEDULE

January 5 - March 15, 2026

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.

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

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

◆ New class

■ Studio A & B

■ Lane Pool

■ Studio A

■ Studio B

■ Therapy Pool

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

6:30am - 7:15am
Bootcamp

6:30am - 7:15am
Core & Strength

6:30am - 7:15am
Bootcamp

8:30am - 9:15am
AquaFit

8:30am - 9:15am
AquaFit

8:30am - 9:15am
AquaFit

8:30am - 9:15am
AquaFit

8:30am - 9:15am
AquaFit

8:00am - 8:45am
Bootcamp

9:00am - 9:45am
Total Fit (starts Feb.5)

9:30am - 10:15am
Gentle AquaFit

9:30am - 10:15am
Gentle AquaFit

9:30am - 10:15am
Gentle AquaFit

9:30am - 10:15am
Gentle AquaFit

9:30am - 10:15am
AquaYoga

9:30am - 10:10am
Cycle Fit Express

10:00am - 11:00am
Prime Time

9:30am - 10:15am
CycleFit

10:00am - 11:00am
Prime Time

9:30am - 10:15am
CycleFit & Core

11:00am - 12:00pm
Yoga

11:15am - 12:00pm
Chair Pilates

11:00am - 12:00pm
Yoga

11:15am - 12:00pm
Beginner Pilates

11:00am - 12:00pm
Yoga

12:15pm - 1:15pm
Chair Yoga

12:15pm - 1:00pm
Chair Strength/Yoga

12:15pm - 1:00pm
Baby Water Bootcamp**

1:15pm - 2:00pm
Baby Water Bootcamp**

1:15pm - 2:00pm
AquaFit

1:15pm - 2:00pm
Gentle AquaFit

1:15pm - 2:00pm
AquaFit

1:15pm - 2:00pm
Gentle AquaFit

5:30pm - 6:15pm
AquaFit

6:15pm - 7:00pm
Strong Bodies

5:30pm - 6:15pm
AquaFit

5:00pm - 6:00pm
Cardio Kickboxing

5:00pm - 5:45pm
Water Bootcamp

SUNNY LIFE RECREATION & WELLNESS CENTRE

Scan to view more details online.



Schedules subject to change.

Class Descriptions

BEGINNER PILATES

Introduces core-strengthening and flexibility exercises through gentle, controlled movements on a mat, focusing on improving posture, balance, & overall body awareness.

BOOTCAMP

Combining dynamic strength exercises and heart-pumping cardio intervals, this full-body workout builds power, stamina, and agility. For all fitness levels.

CARDIO KICKBOXING

A high-energy, full-body workout that blends martial arts-inspired movements with heart-pumping cardio drills. Punch, kick, and strike your way through combinations set to upbeat music to improve strength, endurance, coordination, and agility.

CHAIR PILATES

Beginner-friendly, it improves flexibility, core strength, and posture. Focused on controlled movements, alignment, and mindful breathing, this low-impact workout builds a strong foundation.

CORE & STRENGTH

Strengthen your foundation with a full-body workout focused on enhancing core stability and overall strength. Mixing targeted exercises and strength-building movements, improve balance, posture, and functional fitness. Suitable for all fitness levels.

CYCLEFIT + CYCLEFIT EXPRESS

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. Our high-energy 30-minute EXPRESS version will maximum results in minimal time. Perfect for busy schedules.

CYCLEFIT AND CORE ◆

Get the heart pumping while building solid endurance that carries you through the day. It delivers powerful cardiovascular training, burns calories, shapes and tones the lower body. Enjoy a spirited 45 minute ride, letting the rhythm pull you forward. Then ease into a floor-based routine that strengthens and stabilizes the muscles supporting your core, leaving you steady, centered and revitalized.

PRIME TIME

Geared to adults 55+, this gentle intensity class focuses on cardiovascular fitness with low impact aerobics, strength through resistance training and endurance with repetitive moves for balance, core strength and flexibility.

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 to this beloved class.

TOTAL FIT (STARTS FEBRUARY 5) ◆

30 minute, high intensity workout that combines 15min of strength training and 15minutes of core exercises, all set to upbeat music. This class is designed to be motivating and entertaining while providing a comprehensive total-body workout.

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.

AQUA YOGA

The perfect combo of yoga principles and water's buoyancy to enhance flexibility, strength, and balance. This low-impact class supports movement, reduces joint stress, and is suitable for all fitness levels and those with joint pain or limited mobility.

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.

WATER BOOTCAMP

This high-energy, full-body class combines strength, cardio, and core exercises. Using the natural resistance of water, get intensity while being easy on the joints, making it accessible for all fitness levels.

MOTHERS OF NEWBORN CLASS

****Requires Mothers of Newborn Membership**

BABY WATER BOOTCAMP**

Using the properties of water, exercises are used to improve your strength and stamina while baby is able to float and play using our baby floating devices. This program is always a baby favorite!!!