



YMCA Northumberland Campbellford

50 Seymour Quarry Road
Campbellford, ON

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



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	
9:30am - 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		11:00am - 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		

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**

Studio A & B

Lane Pool

Studio A

Studio B

Therapy Pool

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

Gared 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) ♦

A 45 minute high intensity workout that combines 15min cardio, 15min strength training and 15min 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!!!