

GROUP FITNESS SCHEDULE

March 23 - June 28, 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

Facility Hours **CAMPBELLFORD**

Monday-Friday 6:00AM - 9:00PM
Saturday 7:00AM - 8:00PM
Sunday 7:00AM - 5:00PM

Holiday Hours

Friday, April 3 7:00AM - 5:00PM
Monday, May 18 7:00AM - 5:00PM

****No Classes on Holidays**

New class Turf Studio A & B Lane Pool
 Studio A Studio B Therapy Pool

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	
	9:00AM - 9:45AM Mom & Baby Tabata**		9:00AM - 9:45AM Total Fit		9:00AM - 10:00AM Awaken/Align Yoga	
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 - 10:15AM CycleFit	10:00AM - 11:00AM Prime Time	9:30AM - 10:15AM CycleFit	10:00AM - 11:00AM Prime Time	9:30AM - 10:30AM 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 - 1:15PM Chair Strength/Yoga		12:15PM - 1:00PM Baby Water Bootcamp**		
1:15PM - 2:00PM Baby Water Bootcamp**		1:15PM - 2:00PM Gentle AquaFit	4:00PM - 4:45PM Total Body Circuit	1:15PM - 2:00PM Gentle AquaFit		3:00PM - 4:00PM Restorative Yoga
		5:30PM - 6:15PM AquaFit	5:00PM - 6:00PM Cardio Kickboxing	5:00PM - 5:45PM Water Bootcamp		
6:15PM - 7:00PM Total Fit	6:15PM - 7:00PM Strong Bodies	6:15PM - 7:00PM Mat Pilates	6:15PM - 7:00PM Strength & Cardio Tabata	Functional Fitness on Turf 6:15pm - 7pm 8 Wk Registered Program*** Coming in April.		
7:15PM - 8:15PM Gentle Flow Yoga	7:15PM - 8:15PM Yoga		7:15PM - 8:15PM Yoga			

*** Dates TBC | Free for Members | \$120 for Non-Members

****Requires Mothers of Newborn Membership**



Scan to view more details online



Schedules subject to change.



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.

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

Burn calories and get the heart pumping during a ride with climbs, sprints, and intervals to build strength, endurance, and power. Set to motivating music, 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. It delivers powerful cardiovascular training, burns calories, plus shapes and tones the lower body. Enjoy a spirited 45 minute ride., Then ease into a floor-based routine that strengthens and stabilizes your core, leaving you steady, centered and revitalized.

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.

MAT PILATES ♦

This beginner-friendly mat pilates class is all about building strength from the ground up in a supportive, welcoming space. We focus on breath, alignment and mindful core work to help you feel stable, strong and confident in your movements. You will be guided step by step with plenty of options, so you can move at your own pace.

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.

STRENGTH & CARDIO TABATA ♦

Push your limits and leave feeling unstoppable in this 45 minute class. Uses short bursts of effort and quick recovery to build muscle, boost endurance, and torch calories in a high energy, supportive environment. Expect dynamic movements, motivating music, and options for every fitness level.

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 BODY CIRCUIT ♦

A full-body workout built around timed stations that blend strength and cardio. You will rotate through purposeful intervals designed to build total-body strength, improve balance and coordination, and support heart health.

TOTAL FIT

A 45 minute high intensity **choreographed** 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.

♦ **New class**

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.

YOGA CLASSES

AWAKE & ALIGN YOGA

An energizing yoga flow to start your day with an inner glow. You will tone your body, strengthen your brain and relax your entire nervous system.

CHAIR YOGA / CHAIR STRENGTH YOGA

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

GENTLE FLOW YOGA ♦

This gentle flow yoga class is a quiet invitation to slow down and truly listen. Through smooth, unhurried transitions and steady breath, we create a practice that feels nourishing yet purposeful.

RESTORATIVE YOGA

A gentle yoga designed to help relieve tension, focus on breathing, and increase mindfulness. Offers a perfect compliment to a hectic, fast paced life or intense workouts.

YOGA

This all-levels class is designed to enhance flexibility, strength, and relaxation. Improve balance and posture while reducing stress.

MOTHERS OF NEWBORN CLASS

****Requires Mothers of Newborn Membership**

Learn more



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!!!

MOM & BABY TABATA** ♦

Boost energy and bond with your baby in this fun Tabata class, combining short bursts of strength and cardio, designed safely for moms of all levels.

Scan to
view online



OUR 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