



# YMCA Northumberland Cobourg

339 Elgin Street West  
Cobourg, ON

Shine On

## Facility Hours

## COBOURG

Monday-Friday  
Saturday  
Sunday

5:00AM - 9:30PM  
6:00AM - 7:00PM  
7:00AM - 6:00PM

## Holiday Hours (No Classes)

Friday, Apr. 3  
Monday, May 18

7:00AM - 5:00PM

# GROUP FITNESS SCHEDULE

## March 23 - June 28, 2026

\*Register for class online | Registration ongoing

\*\*Register as part of Mother's of Newborns Program

"30" = 30 minute version of the class.

Ground Level Studio Upstairs Studio Pool Gymnasium

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15AM - 7:00AM Gravity*	6:00AM - 6:45AM CycleFit	6:15AM - 7:00AM Gravity*	6:00AM - 6:45AM CycleFit (ends May 28)	6:00AM - 6:45AM CycleFit	
	6:30AM - 7:15AM Water Power Fitness		6:30AM - 7:15AM Water Power Fitness		6:30AM - 7:15AM Water Power Fitness
8:00AM - 8:45AM Gravity*	8:00AM - 8:45AM Gravity Plus*	8:00AM - 8:45AM Gravity*	8:00AM - 8:45AM Gravity*	8:00AM - 8:45AM Gravity*	8:00AM - 8:45AM Gravity*
8:30AM - 9:15AM AquaFit	9:00AM - 9:45AM Prime Time Gravity*	8:30AM - 9:15AM AquaFit	9:00AM - 9:45AM Prime Time Gravity*	9:00AM - 9:45AM Gravity*	9:00AM - 9:45AM CycleFit (ends May 30)
9:00AM - 9:45AM Gravity*	9:00AM - 9:45AM AquaFit	9:00AM - 9:45AM Gravity*	9:00AM - 9:45AM Aqua Fit	9:00AM - 9:45AM Aqua Groove	
9:00AM - 10:00AM Prime Time	9:00AM - 10:00AM Arriba	9:00AM - 10:00AM Prime Time	9:00AM - 10:00AM Arriba	9:00AM - 10:00AM Prime Time	
9:30AM - 10:15AM AquaFit		9:30AM - 10:15AM Aqua Bootcamp			
10:00AM - 10:45AM CycleFit		10:00AM - 10:45AM CycleFit		10:00AM - 10:45AM CycleFit (ends May 29)	10:00AM - 11:00AM Gentle Yoga Flow
10:15AM - 11:00AM MuscleFit	10:15AM - 11:00AM Strong Bodies			10:15AM - 11:00AM P45	
10:15AM - 11:00AM Head to Toe Pilates			10:15AM - 11:00AM Head to Toe Pilates		
	11:00AM - 11:45AM ChairFit		11:15AM - 12:00PM Mom & Baby Yoga**		
11:15AM - 12:15PM Flow Yoga	11:15AM - 12:15PM ZenPilates	11:15AM - 12:15PM Gentle Yoga	11:15AM - 12:15PM Deep Stretch & Flow	11:15AM - 12:15PM Restorative Yoga	
	11:15AM - 12:00PM Mom & Baby Fitness**		11:30AM - 12:15AM Prime Time	11:15AM - 12:00PM Mom & Baby Fitness**	
12:15PM - 12:45PM Step 30	12:15PM - 12:45PM Gravity 30*	12:25PM - 12:55PM Shape & Tone "30"	LUNCH TIME OPTIONS		<b>Sunday</b>
1:00PM - 2:00PM Gentle Chair Yoga	1:00PM - 1:45PM AquaFit	1:00PM - 2:00PM Chair Strength	1:00PM - 2:00PM Restorative Yoga	1:00PM - 2:00PM Chair Strength & Stretch	9:00AM - 10:00AM Gentle Yoga
5:00PM - 5:45PM Shape & Tone	5:00PM - 5:45PM Gravity*	5:15PM - 5:45PM Step 30	5:15PM - 6:00PM Musclefit	5:00PM - 5:45PM Gravity*	
5:45PM - 6:15PM Aqua HIIT 30	6:00PM - 6:45PM CycleFit	6:00PM - 6:45PM P45	6:15PM - 6:45PM CycleFit 30	5:45PM - 6:30PM AquaFit	
6:30PM - 7:00PM Core-Floor 30	7:00PM - 8:00PM Yin Yoga	7:00PM - 7:45PM Gravity*	7:00PM - 8:00PM Gentle Yoga		

Schedules subject to change.

# RECREATION SCHEDULE

\*REGISTRATION REQUIRED FOR ALL PICKLEBALL SESSIONS.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:15AM - 12:15PM Pickleball*		11:00PM - 12:00PM Pickleball*	10:15AM - 11:15AM Pickleball*		8AM - 9AM Pickleball*
12:15PM - 1:15PM Pickleball*		12:00PM - 1:00PM Pickleball*			9AM - 10AM Pickleball*
	7:00PM - 9:00PM Adult Volleyball Drop-In		6:00PM - 7:00PM Adult Basketball Drop-In	7:00PM - 9:00PM Adult Volleyball Drop-In	



\*Register for classes online at [ymcanrt.org](http://ymcanrt.org) "30" = 30 minute version of the class.

## YOGA & PILATES CLASSES

### Deep Stretch & Flow

Focusing on deep release and mindful restoration through slow purposeful movement. Supported stretches flow into breath and stillness, blending challenge with ease to leave you grounded and nourished.

### Flow Yoga

An invigorating physical and mental practice, linking every pose to breath. As your experience evolves, you will be able to find your own rhythm by focusing inward and accepting what your body needs. Get ready to move.

### Gentle Yoga

For unhurried approach to yoga, enjoy a mat practice that is slower paced and deliberate. Focus on the mindful and meditative benefits of yoga as the practice explores modified poses and longer holds.

### Gentle Chair Yoga

Increase flexibility and mobility through gentle Yoga posture and poses that are adapted for the chair.

### Gentle Yoga Flow

This class is a more gentle, slower version of our Flow Yoga class.

### Head to Toe Pilates

An invigorating head to toe Pilates class that focuses on strengthening the entire body. This class will incorporate a variety of mat-based exercises to target your core, arms, legs and back, helping to improve posture, flexibility and overall body awareness.

### Restorative Yoga

A deeply relaxing, slow paced style, using props such as bolsters and blocks in a variety of reclining postures. Long holds and deep breathing release stress and tension as thoughts and feelings are explored, then released to allow for deep rest, healing and alignment.

### YIN YOGA

Experience deep relaxation and enhanced flexibility with Yin Yoga. This gentle, slow-paced class involves long-held, passive poses that target deep connective tissue. Promotes mindfulness and stress relief, leaving you feeling calm and rejuvenated.

### ZenPilates

Experience the perfect blend of Gentle Yoga and Pilates in ZenPilates. Ideal for all fitness levels this class focuses on balance, flexibility, and core strength. Join in for a harmonious workout that revitalizes body, mind and spirit.

## POOL CLASSES

### Aqua Bootcamp

A full-body workout that blends endurance drills, cardio and strength, letting you choose your own intensity while staying low-impact on the joints.

### AquaFit

An excellent low impact, calorie burning, full body workout that is gentle on the joints and great for participants recovering from injuries.

### Aqua Groove

Make a splash with all the fun of aquafit—plus some added groove! Blends water fitness with dance to keep your body moving, your heart pumping, & your spirit lifted. Bring your dancing energy and get ready to groove in the pool.

### Aqua HIIT 30

Burn calories fast with high-intensity, low impact water training that is easy to follow and suitable for all fitness levels.

### Water Power Fitness

This class is designed to improve your cardio, strength, and range of motion in the comfort of water.

### MUSCLEFIT

A strength-based group fitness class designed to help participants develop muscular endurance and strength for an active lifestyle. Use a barbell and plates to challenge muscles through a choreographed strength routine.

### P45/P60

A cardio, strength and core hybrid delivered in 45 or 60 high-intensity minutes. Combines cardio like kickboxing, total body strength and floor-based exercises to strengthen the thighs, glutes and core. Incorporates equipment such as kettlebells, dumbbells, gliders, and steps.

### PICKLEBALL\*

Pickleball is a designated recreational game play. Learn from each other and further develop your skills. Bring your own paddle or sign one out.

### PRIME TIME

Geared to adults 55+, this gentle intensity workout focuses on cardiovascular fitness with low impact aerobics, strength through resistance training and endurance with repetitive moves. Each class covers balance, flexibility and range of motion.

### PRIME TIME GRAVITY\*

Similar to our Gravity class (see description here) but geared towards participants ages 55+. Allows for slower transitions between exercises and an increased time for recovery.

### SHAPE & TONE

Expect a steady burn set to a heavy instrumental beat that keeps your energy high from start to finish. This is a low-impact Pilates style, Barre Inspired program with movements to improve mobility, strengthen and sculpt with precision and flow.

### STEP

Step aerobics is a classic cardio workout. It's lasted for decades for a simple reason: It delivers results. Step will improve agility, coordination, balance, strength and stamina.

### STRONG BODIES

A moderate intensity, fat burning - muscle sculpting workout that includes strength and cardio interval training for the entire body.

Learn  
more



**ADULT DROP IN VOLLEYBALL & BASKETBALL**  
Participants (AGE 16+) enjoy energetic game play, while also getting a chance to enhance skills through friendly competition. All levels welcome!

### ARRIBA

A high-energy dance-based fitness party where we focus on the basic Latin rhythms with a splash of Dance, Bollywood, Belly Dance, Hip Hop and other rhythm you can move your hips and feet too!

### CHAIR FIT

This chair class combines cardio, strength, flexibility, coordination and mobility exercises to deliver a comprehensive and engaging workout that focuses on stamina and endurance.

### CHAIR STRENGTH

Within this class, participants will focus on light resistance training using a variety of accessories such as resistance bands and weighted balls. Most exercises are performed while seated in a chair.

### CHAIR STRENGTH & STRETCH

This is an easy going combination of both the Chair Strength and Gentle Chair Yoga.

### CORE-FLOOR 30

A focused class using floor exercises to strengthen the deep core and supporting muscles for improved stability and posture. Suitable for all fitness levels.

### CYCLEFIT

Burn calories and get the heart pumping - ride your way to fitness with great music and motivational instructors. Our specialized ICG bikes provide a customized fit and can be set for each individual rider's fitness level.

### GRAVITY\*

Using our Total Gym Encompass machine, get a full-body workout each class. Workout multiple muscle groups together to develop proprioception and core stabilizers by integrating multi-plane movement and unrestricted range of motion in nearly every exercise.

### GRAVITY PLUS\*

Take your workout to the next level by incorporating accessories such as resistance bands, Pilates balls, hand weights and more. This class builds strength, stability and coordination while adding variety, challenge and fun to the total gym experience

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 15 years or older to attend Group Fitness Classes*

## \*\*Part of Mothers of Newborns Program

### MOM AND BABY FITNESS\*\*

Move, strengthen, and connect with this fitness class - interval style training inspired by Strongbodies, adapted to keep moms challenged while bonding with their little ones.

### MOM AND BABY YOGA\*\*

A welcoming and supportive class for Mom & Baby to connect with others. It conditions the body through gentle movements that include stretching, restorative poses and movements to improve posture and reduce stress.

## 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](mailto:leanne.clarke@nrt.ymca.ca)