

Make Your Movement Matter: Brighton YMCA Megathon Returns!

Cobourg, ON – Get ready to move, sweat, and make a difference! The Brighton Y’s Megathon returns on **Monday, April 27, 2026**, offering an action-packed day of group fitness in support of YMCA Northumberland’s Strong Communities Campaign. It promises to be a fundraiser full of movement and meaningful impact.

For this full-day event, running from 7:00 a.m. to 7:00 p.m. Participants of all fitness levels can join a variety of classes, from high-energy Cyclefit and Step to the mindful flow of Yoga. With each 45-minute to one-hour session, attendees will strengthen their bodies while helping build a stronger community.

“While the Brighton Megathon offers the chance for a great workout, its true purpose lies in the spirit of giving,” said Eunice Kirkpatrick, President & CEO, YMCA Northumberland. “Every dollar raised directly funds vital programs that help our neighbors lead healthier, more connected lives. By investing in one another today, we are ensuring everyone has the opportunity to shine and we are creating lasting positive change for the community.”

A minimum donation of \$5 per class is encouraged, and participants can boost their impact by collecting pledges to help reach the event’s \$750 fundraising goal.

Prizes and surprises await, and everyone—YMCA members and non-members alike—is welcome to join in on the fun happening at the Brighton YMCA, 170 Main Street, Brighton ON.

For the full schedule of classes for Monday, April 27, please visit the event web page at: <https://ymcanrt.org/brighton-megathon-2026/>

Don’t miss this day of fitness, fun, and philanthropy!

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For more information, please contact:

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ABOUT YMCA NORTHUMBERLAND

As a charity, YMCA Northumberland provides vital community services that have a positive impact on pressing social issues—from chronic disease to unemployment, social isolation, poverty, inequality and more. The Strong Community Campaign helps ignite the potential of countless children, teens, adults, and seniors in the community. YMCA Canada is one of the longest standing and largest charities nationally, with a presence in Canada since 1851 and now serving more than 2.1 million people annually across 1,700 program locations.