



YMCA Northumberland  
**Brighton**  
 170 Main Street  
 Brighton, ON

# BRIGHTON

## Facility Hours

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

## Holiday Hours (No Classes)

Friday, Apr. 3	9:00AM - 5:00PM
Monday, May 18	

# GROUP FITNESS SCHEDULE

## March 15 - May 31, 2026

\*Bosu requires sign up at the Front Desk or by phone call due to equipment limits.

\*\*Yoga @ the Library requires registration online, at the Front Desk, or by phone call due to limited space.

*Schedules subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:00AM - 8:45AM Bosu*	8:00AM - 8:45AM CycleFit		
9:00AM - 10:00AM Step	9:00AM - 9:45AM MuscleFit	9:00AM - 10:00AM 20/20/20	9:00AM - 10:00AM Weight and See	9:00AM - 10:00AM HIIT	<b>9:00AM - 10:00AM Saturday Special</b>  March 21 – CycleFit March 28 – 20/20/20 April 11 – Bosu April 18 – MuscleFit April 25 – 20/20/20 May 2 – Weight and See May 9 – Lite & Lively May 23 – Arriba May 30 – Yoga June 6 – CycleFit June 13 – 20/20/20 June 20 – Bosu June 27 – MuscleFit
10:15AM - 11:15AM Yoga @ the Library** Starts March 23	10:15AM - 11:00AM Arriba	10:15AM - 11:15AM Ball Strength	10:15AM - 11:15AM Lite & Lively	10:15AM - 11:15AM Yoga @ the Library** Starts March 27	
10:15AM - 11:15AM Lite & Lively	11:15AM - 12:15PM Yoga	11:30AM - 12:30PM Chair Strength	11:30AM - 12:30PM Chair Yoga	10:15AM - 11:15AM Yoga	
11:30AM - 12:30PM Chair Strength	5:30PM - 6:30PM Beginner Mat Pilates	5:45PM - 6:45PM 20/20/20	6:00PM - 6:45PM Core & Strength	11:30AM - 12:30PM Chair Strength	
6:00PM - 7:00PM Strong Bodies	7:00PM - 8:00PM HIIT		7:00PM - 8:00PM Bootcamp		

◆ NEW: Yoga Classes held at the Brighton Library

## Pop-Up Classes this Spring:

### Pilates

Monday – March 16, March 23, March 30	7:15PM - 8:00PM
Wednesday – March 18, March 25, April 1	12:45PM - 1:30PM

### Core Mobility Fusion

Tuesday – March 17, March 31	8:00AM - 8:45AM
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Scan to view Class Descriptions Online



YMCA Northumberland - Strong Communities Campaign

The YMCA is committed to building healthier communities, create opportunity, foster potential, and encourage belonging. If you require financial assistance for any programs please contact Leanne Clarke [leanne.clarke@nrt.ymca.ca](mailto:leanne.clarke@nrt.ymca.ca)



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## Class Descriptions

### March 15 - May 31, 2026

#### 20/20/20

Class consists of 20 minutes of cardio, 20 minutes of strength and 20 minutes of core and stretch.

#### ARRIBA

A high energy dance based fitness party where we focus on the 4 basic Latin rhythms - Salsa, Merengue, Cumbia and Reggaeton with a splash of Dance, Bollywood, Belly Dance, Hip Hop or any other rhythm you can move your hips & feet too!

#### BALL STRENGTH

A strength-based class focused on stability, balance and coordination. It uses the stability ball to engage the core muscles, as well as full body muscle and conditioning.

#### BOOTCAMP

A type of group physical training program. This program is designed to build strength and fitness through a variety of types of exercise.

#### BOSU\*

Consists of an inflated rubber hemisphere attached to a rigid platform. When the dome side faces up, the BOSU ball provides an unstable surface while the device remains stable. The ball class helps users coordinate muscles and nerves for unstable conditions that you experience in everyday life, but it also assists you with stretching, rehabilitation, and strength training.

#### CHAIR STRENGTH

Class participants will focus on light resistance training using a variety of accessories such as resistance bands, weighted balls and hand weights. Some balance will be incorporated. All exercises are performed while seated in a chair.

#### CHAIR YOGA

Chair yoga, a gentle form of yoga that's done while seated or using a chair for balance, makes the practice more accessible. In chair yoga, it's possible to move into poses like cat/cow, warrior, sun salutations and forward folds, all while seated.

#### CORE & STRENGTH

Focuses on building strength using weights or own body weight. Helps to improve balance and stability supporting everyday activities. All levels welcome.

#### CYCLEFIT

Burn calories and get the heart pumping. Ride your way to fitness with great music and motivational instructors.

#### HIIT

High-intensity interval training will have you giving one hundred percent effort through quick, intense bursts of exercise, followed by short, active recovery periods.

#### LITE & LIVELY

A low impact, low intensity workout using a combination of movements and light weights to increase strength and develop cardio health.

#### MUSCLEFIT

A strength-based group fitness class helps participants develop muscular endurance and strength for an active lifestyle. Uses a barbell and plates to challenge muscles through a choreographed routine taught to music.

#### PILATES

Involves a series of precise movements to strengthen your core muscles while making you more flexible. You'll typically do it on a mat or with special equipment.

#### STEP

This is a choreographed Step Class. It is designed to push your cardio into high gear.

#### 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 and variety to this long loved class.

#### WEIGHT AND SEE

A high energy session that uses weights and cardio to focus on engaging multiple muscle groups & emphasizes strength and endurance. This combo of cardio and strength training is suitable for all levels of fitness and is delivered in various formats.

#### YOGA\*\*

Increase flexibility, release tension and make the mind and body connection in this class through breathing, postures and relaxation techniques.

◆ **NEW:** Yoga Classes held at the Brighton Library, 35 Alice Street, Brighton, ON  
\*\*Requires registration online, at the Front Desk, or by phone call due to space limits. Please bring your own yoga mat!

\*Sign up is required at the Front Desk or by phone call due to equipment limits.