



YMCA Northumberland
Brighton
 170 Main Street
 Brighton, ON

GROUP FITNESS SCHEDULE

June 29 - September 7, 2026

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

Wed., July 1, Mon., August 3, Mon., Sept. 7	9:00AM - 5:00PM
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*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.

No Classes on Holidays.

Schedules subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM - 8:45AM Yoga	8:00AM - 8:45AM Mat Pilates	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 Beat the Band	9:00AM - 10:00AM HIIT	
10:15AM - 11:15AM Yoga @ the Library**	10:15AM - 11:00AM Arriba	10:15AM - 11:15AM Ball Strength	10:15AM - 11:15AM Lite & Lively	10:15AM - 11:15AM Yoga @ the Library** (ends Aug. 28)	
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	10:00AM - 10:45AM Yoga
11:30AM - 12:30PM Chair Strength		12:45PM - 1:30PM Yoga	6:00PM - 6:45PM Core & Strength	11:30AM - 12:30PM Chair Strength	
5:15PM - 6:00PM Strong Bodies	7:00PM - 8:00PM HIIT	5:45PM - 6:45PM 20/20/20	7:00PM - 8:00PM Bootcamp		

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

BRIGHTON



YMCA Northumberland
Brighton
170 Main Street
Brighton, ON

BRIGHTON

Class Descriptions

June 29 - September 7, 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.

BEAT THE BAND

Combines drumstick fitness and resistance band training with a touch of weights! Benefits include improved functional capacity, increased strength and endurance with increased muscle activation. Plus drumstick fitness makes you feel like a rockstar. No musical talent required!!!

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*

An inflated rubber hemisphere attached to a rigid platform is used. When the dome side faces up, the BOSU ball provides an unstable surface while the device remains stable. This 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

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

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

MAT PILATES

A full-body, low-impact method performed on the floor using a padded mat. It emphasizes core strength, alignment, mobility, precision and breath control.

MUSCLEFIT

A strength-based 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.

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 class 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.

YOGA**

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

■ 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!**