

GROUP FITNESS SCHEDULE

June 29 - September 7, 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

All Therapy Pool classes limited to 35 participants using a token system

Facility Hours

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

Holiday Hours ****No Classes on Holidays**

Wed, July 1
Mon, Aug. 3
Mon, Sept. 7 7:00AM - 5:00PM

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30AM - 7:15AM Bootcamp	6:30AM - 7:15AM Circuit & Core	6:30AM - 7:15AM Strong Bodies	6:30AM - 7:15AM Bootcamp			
		8:00AM - 8:45AM Total Fit			8:00AM - 8:45AM Total Body Circuit	
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		
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 Aqua Yoga		
9:30AM - 10:15AM CycleFit	10:00AM - 11:00AM Prime Time		10:00AM - 11:00AM Prime Time	9:30AM - 10:15AM CycleFit		
			10:15AM - 11:15AM Turf Fit Circuits*			10:00AM - 11:00AM Gentle Hatha Yoga
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 - 1:15PM Chair Strength Yoga		
				12:15PM - 1:00PM Baby Water Bootcamp**		
1:15PM - 2:00PM Baby Water Bootcamp**	1:15PM - 2:00PM AquaFit	1:15PM - 2:00PM Gentle AquaFit	1:15PM - 2:00PM AquaFit	1:15PM - 2:00PM Gentle AquaFit		
				5:00PM - 5:45PM Water Bootcamp		
		5:15PM - 6:00PM Total Body Circuit				
	6:15PM - 7:00PM Strong Bodies	5:30PM - 6:15PM AquaFit				
6:15PM - 7:00PM P45 Circuit	6:15PM - 7:15PM Turf Fit Circuits*	6:15PM - 7:00PM Mat Pilates	6:15PM - 7:00PM Bootcamp			
		7:15PM - 8:15PM Gentle Flow Yoga				

 **New class**

****Requires Mothers of Newborn Membership**

Scan to view more details online



Schedules subject to change.

*Registered Workshop:

Turf Fit Circuits

Tuesdays | 6:15PM - 7:15PM

July 7, 14, 21 and 28

Free for Members
\$62 for Non-Members

Thursdays | 10:15AM - 11:15AM

July 9, 16, 23 and 30

4 Week Sessions

SUNNY LIFE RECREATION & WELLNESS CENTRE

CAMPBELLFORD

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.

CIRCUIT & CORE

Build strength and boost endurance in this dynamic circuit style fitness class. that also works your core.

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.



MAT PILATES

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

P45 CIRCUIT

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

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.

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.

◆ TURF FIT CIRCUITS*

Choose one of 2 time slots for this 4 week registered session and discover a fun, supportive way to build strength, balance, confidence, and fitness on the turf! Learn a variety of exercises and training techniques through instruction and hands-on practice in a group setting. Suitable for all fitness levels.

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

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.

GENTLE HATHA YOGA

Unwind and restore balance in this gentle hatha yoga class, which focuses on slow-paced movements, mindful breathing, and accessible postures.

YOGA

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

◆ New class

MOTHERS OF NEWBORN CLASS

**Requires Mothers of Newborn Membership through ymcanrt.org

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.

*Registered program

MOM & BABY TABATA**

Returning Fall 2026

Learn more
or visit ymcanrt.org/



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