Group Fitness
CAMPBELLFORD YMCA

Shine On

September 7 - December 20, 2026

***Register for class online | Registration ongoing**
****Requires Mother's of Newborns Membership**

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

Studio A & B | Studio A | Studio B | Lane Pool | Therapy Pool

Facility Hours

Monday-Friday	6:00 AM - 9:00 PM
Saturday	7:00 AM - 8:00 PM
Sunday	7:00 AM - 5:00 PM
Holiday Hours (No Classes)	7:00 AM - 5:00 PM Sept. 7 | Oct. 12

Play Centre Child Minding

(Provided for a small fee per hour)

Monday-Friday	9:00 AM - 11:00 AM
Thursday	5:00 PM - 7:00 PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 AM - 7:15 AM Strong Bodies	6:30 AM - 7:15 AM Core & Strength	6:30 AM - 7:15 AM Strong Bodies	6:30 AM - 7:15 AM Bootcamp	6:30 AM - 7:15 AM HIIT	8:00 AM - 8:45 AM Total Body Circuit
8:30 AM - 9:15 AM AquaFit	8:30 AM - 9:15 AM AquaFit	8:30 AM - 9:15 AM AquaFit	8:30 AM - 9:15 AM AquaFit	8:30 AM - 9:15 AM AquaFit	
9:30 AM - 10:15 AM CycleFit	8:30 AM - 9:30 AM Prime Time	9:30 AM - 10:15 AM CycleFit	8:30 AM - 9:30 AM Prime Time	9:30 AM - 10:15 AM CycleFit	9:00 AM - 10:00 AM Yoga
9:30 AM - 10:15 AM Gentle AquaFit	9:30 AM - 10:15 AM Gentle AquaFit	9:30 AM - 10:15 AM Gentle AquaFit	9:30 AM - 10:15 AM Gentle AquaFit	9:30 AM - 10:15 AM Gentle Aquafit or Aqua Yoga	10:00 AM - 11:00 AM Family Yoga
11:00 AM - 12:00 PM Yoga	10:00 AM - 11:00 AM Prime Time	11:00 AM - 12:00 PM Yoga	10:00 AM - 11:00 AM Prime Time	11:00 AM - 12:00 PM Yoga	11:00 AM - 11:45 AM AquaFit
12:15 AM - 1:15 PM Chair Yoga	11:15 AM - 12:00 PM Chair Pilates	12:15 AM - 1:15 PM Chair Strength/Yoga	11:15 AM - 12:15 PM Beginner Pilates	12:15 AM - 1:15 PM Chair Strength/Yoga	
1:15 PM - 2:00 PM Baby Water Bootcamp**		1:15 PM - 2:00 PM Gentle AquaFit		12:15 PM - 1:00 PM Baby Water Bootcamp**	
		2:15 PM - 3:00 PM AquaFit		1:15 PM - 2:00 PM AquaFit	
5:30 PM - 6:15 PM HIIT		5:30 PM - 6:15 PM AquaFit			
6:30 PM - 7:15 PM Stretch for Wellbeing	6:15 PM - 7:00 PM Cyclefit	6:15 PM - 7:00 PM Mat Pilates	6:15 PM - 7:00 PM CycleFit		
7:15 PM - 8:15 PM Restorative Yoga	7:00 PM - 7:45 PM Strong Bodies	7:15 PM - 8:15 PM Gentle Flow Yoga	7:00 PM - 7:45 PM HIIT		

View the schedule online
https://ymcanrt.org/activities/group-fitness/

SUNNY LIFE | RECREATION & WELLNESS CENTRE

YMCA Northumberland

50 Seymour Quarry Road
Campbellford, ON

Class Descriptions

CAMPBELLFORD YMCA

September 7 - December 20, 2026

Bootcamp
Combining dynamic strength exercises and heart-pumping cardio intervals, this full-body workout builds power, stamina, and agility. For all fitness levels, with modifications available to help meet your goals and leave feeling accomplished and energized!

Chair Pilates
Explore Pilates fundamentals in this beginner-friendly low-impact class that improves flexibility, core strength, and posture. Focused on controlled movements, alignment, and mindful breathing..

Core & Strength
Strengthen your foundation in this full-body workout focused on enhancing core stability and overall strength. Through a mix of targeted and strength-building exercises, improve balance, posture, and functional fitness. Suitable for all fitness levels using a variety of equipment and bodyweight moves.

Cyclefit
Burn calories, build solid endurance and get the heart pumping - ride your way to fitness with great music and motivational instructors for this 45 min ride. Our specialized ICG bikes provide a customized fit and can be set for each individual rider's fitness level.

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.

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..

Pilates / Beginner Pilates
Includes core-strengthening and flexibility exercises while moving through controlled movements. Classes focus on improving strength, posture, balance, and overall body awareness in a supportive environment.

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 includes focus on balance, core strength and flexibility.

Stretch for Wellbeing
A slow mindful class for anyone looking to move with more freedom and less stiffness. Unlock the fascia, release tension, speed up your gym recovery, and restore your body for the week ahead. You will leave feeling longer, lighter, and completely relaxed.

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.

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.

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
Uses a combo of yoga principles and water's buoyancy to enhance flexibility, strength, and balance. Supports movement, reduces joint stress, and is suitable for all fitness levels.

Gentle AquaFit
Offers a low-impact, full-body workout that is easy on the joints while effectively burning calories. Ideal for participants recovering from injuries, provides safe, supportive sessions to improve strength and flexibility.

MOTHERS OF NEWBORNS

****Requires Mother's of Newborns Membership**

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. This program is always a baby favourite!

Learn more about the Mothers of Newborns Program and join or donate.

YOGA CLASSES

Chair Strength / Chair Yoga
Focuses on improving flexibility, strength, and balance through seated and standing poses while promoting relaxation and mindfulness. Ideal for beginners or those with mobility challenges.

Family Yoga
Families can experience the benefits of yoga in a fun, relaxing and supportive environment. Includes a playful mix of easy poses, stretches, and breathing exercises plus storytelling and gentle games designed for adults and kids (ages 5-12) to enjoy side-by-side.

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.

Restorative Yoga
Melt away stress and prepare your mind & body for a restful night in this all-levels class meant to unwind and recharge. Using props/bolsters, you'll ease into gentle, supportive poses without any active standing or sweating. Enjoy pure relaxation and deep breathing.

Yoga
This all-levels class enhances flexibility, strength, and relaxation. Through a series of mindful, dynamic movements, stretches, and poses, improve balance, posture and metabolism while reducing stress.

Find ongoing fun & active events for adults, seniors, youth & children happening at your Campbellford Y here:

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 email Leanne Clarke at leanne.clarke@nrt.ymca.ca

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