

September 8 - October 11, 2026

*Register for class online | Registration ongoing
 **Register as part of Mother's of Newborns Program

● Ground Level Studio ● Upstairs Studio ● Pool ● Gymnasium

Facility Hours

Monday-Friday 5:00 AM - 9:30 PM
 Saturday 6:00 AM - 7:00 PM
 Sunday 7:00 AM - 6:00 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-Saturday 9:00 AM - 12:30 PM
 Tuesday 4:30 PM - 7:00 PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 AM - 7:00 AM Gravity*	6:00 AM - 6:45 AM CycleFit	6:15 AM - 7:00 AM Gravity*		6:00 AM - 6:45 AM CycleFit	8:00 AM - 8:45 AM Gravity*
	6:30 AM - 7:15 AM Water Power Fitness		6:30 AM - 7:15 AM Water Power Fitness		6:30 AM - 7:15 AM Water Power Fitness
8:00 AM - 8:45 AM Gravity*	8:00 AM - 8:45 AM Gravity*	8:00 AM - 8:45 AM Gravity*	8:00 AM - 8:45 AM Gravity*	7:45 AM - 8:15 AM Gravity 30*	9:00 AM - 9:45 AM CycleFit
8:30 AM - 9:30 AM AquaFit Power Hour	9:00 AM - 9:45 AM AquaFit	8:30 AM - 9:15 AM AquaFit	9:00 AM - 9:45 AM AquaFit	9:00 AM - 9:45 AM Aqua Groove	10:00 AM - 11:00 AM Gentle Yoga Flow
9:00 AM - 9:45 AM Gravity*	9:00 AM - 9:45 AM Prime Time Gravity*	9:00 AM - 9:45 AM Gravity*	9:00 AM - 9:45 AM Prime Time Gravity*	8:30 AM - 9:00 AM Gravity 30*	
9:00 AM - 10:00 AM Prime Time	9:00 AM - 10:00 AM Arriba	9:00 AM - 10:00 AM Prime Time	9:00 AM - 10:00 AM Arriba	9:15 AM - 9:45 AM Gravity 30*	Sunday
10:00 AM - 10:45 AM CycleFit		10:00 AM - 10:45 AM CycleFit		9:00 AM - 10:00 AM Prime Time	9:00 AM - 10:00 AM Gentle Yoga
10:15 AM - 11:00 AM Head to Toe Pilates			10:15 AM - 11:00 AM Head to Toe Pilates	10:15 AM - 11:00 AM P45	
10:15 AM - 11:00 AM MuscleFit	10:15 AM - 11:00 AM Strong Bodies		11:00 AM - 11:45 AM MuscleFit		
11:15 AM - 12:00 PM Baby Water Bootcamp**	11:15 AM - 12:00 PM Mom & Baby Fitness**	11:15 AM - 12:00 PM Baby Water Bootcamp**	11:15 AM - 12:00 PM Mom & Baby Yoga**	11:15 AM - 12:00 PM Mom & Baby Fitness**	
11:15 AM - 12:15 PM Flow Yoga	11:15 AM - 12:15 PM Zen Pilates	11:15 AM - 12:15 PM Gentle Yoga	11:15 AM - 12:15 PM Deep Stretch & Flow	11:15 AM - 12:15 PM Restorative Yoga	
1:00 PM - 2:00 PM Chair Yoga	12:30 PM - 1:15 PM ChairFit	1:00 PM - 2:00 PM Chair Strength	1:00 PM - 2:00 PM Restorative Yoga	1:00 PM - 2:00 PM Chair Yoga	
5:00 PM - 5:45 PM CycleFit	1:00 PM - 1:45 PM AquaFit	5:15 PM - 5:45 PM Step 30	5:00 PM - 5:45 PM Gravity*		
5:45 PM - 6:15 PM AquaHIIT	5:00 PM - 6:00 PM Flow Yoga	6:00 PM - 6:45 PM MuscleFit	6:00 PM - 6:45 PM P45	5:45 PM - 6:30 PM AquaFit	
7:00 PM - 7:45 PM Shape & Tone	6:00 PM - 6:45 PM Gravity*	7:00 PM - 8:00 PM Gentle Yoga			

Schedules subject to change.
 "30" = 30 minute version of the class.

RECREATION SCHEDULE *REGISTRATION REQUIRED FOR ALL PICKLEBALL SESSIONS.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:15 AM - 12:15 PM Pickleball*		11:15 AM - 12:15 PM Pickleball*			9:00 AM - 10:00 AM Pickleball*
12:15 PM - 1:15 PM Pickleball*	7:00 PM - 9:00 PM Volleyball Drop-In	12:15 PM - 1:15 PM Pickleball*		7:00 PM - 9:00 PM Volleyball Drop-In	10:00 AM - 11:00 AM Pickleball*

Class Descriptions

September 8 - October 11, 2026

* Register for classes online
<https://ymcanrt.org/activities/group-fitness/>



Arriba

A high-energy dance-based fitness party focused on the basic Latin rhythms with a splash of Dance, Bollywood, Belly Dance, Hip Hop and other rhythm you can move your hips and feet too!

ChairFit

A chair class combining cardio, strength, flexibility, coordination and mobility to deliver a comprehensive and engaging workout that focuses on stamina and endurance.

Chair Strength

Focus on light resistance training using a variety of accessories such as resistance bands and weighted balls. Exercises are mostly performed seated in a chair.

Chair Yoga

Build strength and flexibility in this yoga class with the help of a chair!

CycleFit

Get your heart pumping. Ride your way to fitness with great music and motivational instructors using specialized ICG bikes for a customized fit and challenge based on rider's fitness level.

Gravity*

Using our Total Gym Encompass machine, get a full-body workout each class. Workout multiple muscle groups together to develop proprioception and core stabilizers by integrating multi-plane movement and unrestricted range of motion in nearly every exercise.

Gravity 30*

This class builds strength, stability and coordination while adding variety, challenge and fun to the total gym experience.

MuscleFit

A strength-based group fitness class designed to help participants develop muscular endurance and strength for an active lifestyle. Use a barbell and plates to challenge muscles through a choreographed strength routine.

P45

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

Prime Time

Geared to adults 55+, this gentle intensity workout focuses on cardiovascular fitness, strength and endurance with low impact aerobics, resistance training and repetitive moves. Each class covers balance, flexibility and range of motion.

See the full Aquatic Schedule
on our website.
<https://ymcanrt.org/activities/aquatics/>



Prime Time Gravity*

Gravity class geared towards participants ages 55+. Allows for slower transitions between exercises and an increased time for recovery.

Shape & Tone

Expect a steady burn set to a heavy instrumental beat that keeps your energy high from start to finish. This is a low-impact Pilates style, Barre Inspired program with movements to improve mobility, strengthen and sculpt with precision and flow.

Step 30

Step aerobics is a classic cardio workout. Step will improve agility, coordination, balance, strength and stamina.

Strong Bodies

Strong bodies combines strength & cardio through interval and or circuit based training. Medium-intensity movement with energizing bursts to build strength, endurance, and fitness.

** Part of Mothers of Newborns Program

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!

Mom and Baby Fitness**

Move, strengthen, and connect with this fitness class. With interval style training inspired by Strong Bodies, adapted to keep moms challenged while bonding with their little ones.

Mom + Baby Yoga**

A soothing blend of mindful movement, core conditioning and stretch-based flows. Reconnect with your body while sharing peaceful time with baby.

POOL CLASSES

AquaFit

A low impact, calorie burning, full body workout that is gentle on the joints and great for participants recovering from injuries.

Aqua Groove

Burn calories fast with high-intensity, low impact water training that is easy to follow and suitable for all fitness levels.

AquaHIIT

Burn calories fast with high-intensity, low impact water training that is easy to follow and suitable for all fitness levels.

Water Power Fitness

This class welcomes all fitness levels and is designed to improve your cardio, strength, and range of motion in the comfort of water.

YOGA & PILATES CLASSES

Deep Stretch & Flow

Focused on deep release and mindful restoration through slow purposeful movement. Supported stretches flow into breath and stillness, blending challenge with ease to leave you grounded and nourished.

Flow Yoga

An invigorating physical and mental practice, linking every pose to breath. Begin to find your own rhythm by focusing inward and accepting what your body needs. Get ready to move.

Gentle Yoga

An unhurried approach to yoga brings you a mat practice that is slower paced and deliberate. Focus on the mindful and meditative benefits of yoga as the practice explores modified poses and longer holds.

Gentle Yoga Flow

This class is a more gentle, slower version of our Flow Yoga class.

Head to Toe Pilates

An invigorating Pilates class focusing on strengthening the entire body. Incorporates a variety of mat-based exercises to target your core, arms, legs and back, helping to improve posture, flexibility and overall body awareness.

Restorative Yoga

A deeply relaxing, slow paced style, using props such as bolsters and blocks in a variety of reclining postures. Long holds and deep breathing release stress and tension.

ZenPilates

The perfect blend of Gentle Yoga and Pilates. Ideal for all fitness levels, focusing on balance, flexibility, and core strength.

RECREATION

PickleBall*

Pickleball is a designated recreational game play. Learn from each other and further develop your skills. Bring your own paddle or sign one out.

Adult Drop-In Volleyball

Participants (AGE 16+) enjoy energetic game play, while also getting a chance to enhance skills through friendly competition. All levels welcome!

All Group Fitness classes are subject to a minimum of three (3) participants.

Participants must be 15 years or older to attend Group Fitness Classes

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



COBOURG YMCA