Group Fitness
BRIGHTON YMCA

Shine On

October 26 - December 20, 2026

Facility Hours

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

*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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM - 8:45 AM Yoga *LAST CLASS OCT. 26*	8:00 AM - 8:45 AM Pilates	8:00 AM - 8:45 AM Bosu*	8:00 AM - 8:45 AM CycleFit		9:00 AM - 10:00 AM **Saturday Specials** Oct 31 - Lite & Lively Nov 7 - Vinyasa Yoga Nov 14 - Strong Bodies Nov 21 - Yoga (Vinyasa) Nov 28 - 20/20/20 Dec 5 - HIIT Dec 12 - MuscleFit Dec 19 - Step
9:00 AM - 10:00 AM Step	9:00 AM - 9:45 AM MuscleFit	9:00 AM - 10:00 AM 20/20/20	9:00 AM - 10:00 AM Weight and C	9:00 AM - 10:00 AM HIIT	
10:15 AM - 11:15 AM Lite & Lively	10:15 AM - 11:00 AM Arriba	10:15 AM - 11:15 AM Ball Strength	10:15 AM - 11:15 AM Lite & Lively	10:15 AM - 11:15 AM Yoga	
10:15 AM - 11:15 AM Yoga**					
11:30 AM - 12:30 PM Chair Strength	11:15 AM - 12:15 PM Yoga	11:30 AM - 12:30 PM Chair Strength	11:30 AM - 12:30 PM Chair Yoga	11:30 AM - 12:30 PM Chair Strength	10:15 AM - 11:00 AM Yoga *LAST CLASS OCT. 31*
		12:45 AM - 1:30 PM Yoga *LAST CLASS OCT. 28*			
		5:45 PM - 6:45 PM 20/20/20	6:00 PM - 6:45 PM Tabata		
6:00 PM - 7:00 PM Strong Bodies	7:00 PM - 8:00 PM HIIT		7:00 PM - 8:00 PM Bootcamp		



OUR 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

Scan to view schedule and class descriptions online

Brighton Group Fitness Class Descriptions

October 26 - December 20, 2026

20/20/20
Class consists of 20minutes 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.

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

FULL BODY CIRCUIT
A full-body workout built around timed stations that blend strength and cardio. Rotate through purposeful intervals designed to build strength, balance and coordination.

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.

TABATA
Get ready to move throught short intervals with quick recovery periods targeting strength, cardio, core and balance. Work at your own pace. All fitness levels welcome.

WEIGHT AND C
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.

**Yoga Classes held at the Brighton Library, 35 Alice Street, Brighton, ON require 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.