

October 12 - December 20, 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
 Oct. 12

Play Centre Child Minding (Provided for a small fee per hour)

Monday-Saturday 9:00 AM - 12:30 PM
 Tue. & Wed. 4:30 PM - 7:00PM

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	6:00 AM - 6:45 AM CycleFit	
	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*	8:00 AM - 8:45 AM Gravity*
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	8:30 AM - 9:00 AM Gravity 30*	9:00 AM - 9:45 AM Cyclefit
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*	9:00 AM - 9:45 AM Aqua Groove	
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	9:00 AM - 10:00 AM Prime Time	10:00 AM - 11:00 AM Gentle Yoga Flow
10:00 AM - 10:45 AM CycleFit		10:00 AM - 10:45 AM CycleFit		9:15 AM - 9:45 AM Gravity 30*	
10:15 AM - 11:00 AM Head to Toe Pilates	10:15 AM - 11:00 AM Circuit 360	10:00 AM - 10:30 AM AquaHIIT	10:15 AM - 11:00 AM Head to Toe Pilates	10:00 AM - 10:45 AM Cyclefit	
10:15 AM - 11:00 AM MuscleFit	11:00 AM - 11:45 AM ChairFit		11:00 AM - 11:45 AM MuscleFit	10:15 AM - 11:00 AM P45	9:00 AM - 10:00 AM Gentle Yoga
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**	10:00 AM - 10:45 AM Gravity*
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	
12:15 PM - 12:45 PM Step	1:00 PM - 1:45 PM AquaFit	1:00 PM - 2:00 PM Chair Strength	12:30 PM - 1:00 PM Gravity 30*	1:00 PM - 2:00 PM Chair Strength & Stretch	
1:00 PM - 2:00 PM Chair Yoga			1:00 PM - 2:00 PM Restorative Yoga		
5:00 PM - 5:45 PM CycleFit	5:00 PM - 6:00 PM Flow Yoga	5:15 PM - 5:45 PM Step 30	1:00 PM - 1:45 PM AquaFit	5:30 PM - 6:15 PM AquaFit	
5:30 PM - 6:00 PM AquaHIIT	6:00 PM - 6:45 PM Gravity*	6:00 PM - 6:45 PM MuscleFit	5:00 PM - 5:45 PM Gravity*		
6:15 PM - 7:00 PM Shape & Tone		7:00 PM - 8:00 PM Gentle Yoga	6:00 PM - 6:45 PM Cyclefit		

Did you know we offer **Squash**?

Learn more



RECREATION SCHEDULE

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*		10:00 AM - 11:00 AM Pickleball*
8:00 PM - 9:15 PM Underwater Hockey			8:00 PM - 9:15 PM Underwater Hockey	

Schedules subject to change.

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

*REGISTRATION REQUIRED FOR ALL PICKLEBALL SESSIONS.

YMCA Northumberland
 339 Elgin Street West
 Cobourg, ON

Class Descriptions

October 12 - December 20, 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 Yoga

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

Chair Strength & Stretch

This is an easy going combination of both the Chair Strength and Gentle Chair Yoga.

Circuit 360

Rotate through timed stations featuring a variety of equipment, exercises and challenges. Every station brings something different for a fun, fast moving, full-body workout. Designed for conditioned exercisers with previous fitness experience using a variety of equipment and training methods.

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 for 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 target 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.

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.

** 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

For 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. Focuses on mindful and meditative benefits as the practice explores modified poses & 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.

Yin Yoga

Experience deep relaxation and enhanced flexibility. This gentle, slow-paced class involves long-held, passive poses that target deep connective tissue. Promotes mindfulness and stress relief, leaving you feeling calm and rejuvenated.

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!

Underwater Hockey

A non-contact pool sport where players dive to get sticks on the puck & score on the opposing team's net.

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



COBOURG YMCA