



Brighton Exercise Class Schedule Fall 2025



CommunityCare
NORTHUMBERLAND



Chair Yoga

Community Care Brighton Office

A modified form of yoga, offering a variety of benefits, including improved flexibility, enhanced strength, and better posture.

Tuesdays at 2 pm Starting September 16th
12 weeks | \$72

Wednesdays at 2 pm Starting September 17th
12 weeks | \$72

Fridays at 9:30 am Starting September 19th
12 weeks | \$72

Pilates

Community Care Brighton Office

Experience a full-body workout that focuses on strength, stability, and flexibility in our dynamic Pilates class.

Mondays at 10:45 am Starting September 15th
(no class October 13th)
12 weeks | \$72

Yoga

Community Care Brighton Office

Join us for a rejuvenating yoga class designed to stretch, strengthen, and calm both body and mind.

Mondays at 9:30 am starting September 15
(no class October 13th)
12 weeks | \$72

Stretch & Strengthen

Community Care Brighton Office

Includes stretches, balance exercises, and seated or standing strength training.

Tuesdays at 9 am Starting September 16
12 weeks | \$72

Join us!



1-866-514-5774



wellness@commcare.ca



www.commcare.ca

Zumba Gold/Seated

Community Care Brighton Office

Low-impact dance fitness class with fun music, suitable for beginners and seniors. Ideal for those with physical limitations, can be done seated.

Tuesdays at 12 pm Starting September 16th
12 weeks | \$72

Chair Yoga

Castleton Town Hall

A modified form of yoga, offering a variety of benefits, including improved flexibility, enhanced strength, and better posture.

Mondays and Wednesdays at 10 am
Starting September 3rd
6 weeks | \$72

Cardio Fit

YMCA Brighton

Combines invigorating cardiovascular exercises with gentle chair-based stretches.

Thursdays at 1 pm
Starting September 18th
12 weeks | \$96