



Brighton Exercise Class Schedule Spring 2026



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 April 28
10 weeks | \$60

Wednesdays at 2 pm Starting April 29
9 weeks | \$54

Fridays at 9:30 am Starting May 1
9 weeks | \$54

Stretch & Strengthen

Community Care Brighton Office

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

Tuesdays at 9 am Starting April 28
10 weeks | \$60

Cardio Fit

YMCA Brighton

Combines invigorating cardiovascular exercises with gentle chair-based stretches.

Thursdays at 1 pm Starting April 23
10 weeks | \$80

Mat Pilates

Community Care Brighton Office

Dynamic and effective workout that strengthens and tones body using controlled movements and focused breathing.

Mondays at 10:45 am Starting April 13
10 weeks | \$60

Important Update:

All workshops and exercise classes will require prepayment at the time of registration. Payments can be made by cash, cheque, or credit card, and will be processed one week before the session start. After this time, payments are non-refundable. If a session is cancelled, all payments will be returned. Thank you for your understanding and continued support. For any questions, please contact the Wellness Team.

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 12:15 pm Starting April 28
10 weeks | \$60

Fridays at 6 pm Starting April 24
10 weeks | \$60

Castleton Chair Yoga

Castleton Town Hall

Modified yoga for improved flexibility, strength, and posture.

Monday and Wednesday on-going
10 am
\$72.00 every 6 weeks

Stretch & Relaxation

Community Care Brighton Office

A low-intensity, restorative session designed to increase flexibility, reduce muscle tension, and calm the mind through, slow-paced, movements

Mondays 9:30am starting April 13
10 weeks | \$60