



Brighton Exercise Class Schedule Winter 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 January 20
12 weeks | \$72

Wednesdays at 2 pm Starting January 14
12 weeks | \$72

Fridays at 9:30 am Starting January 16
12 weeks | \$72

Stretch & Strengthen

Community Care Brighton Office

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

Tuesdays at 9 am Starting January 13
12 weeks | \$72

Walk & Be Fit

East Northumberland Secondary
School Brighton

Stay active and connect with others at our indoor walking club in Brighton.

Monday to Thursday 6:00–8:00 pm
October–April
\$10 (one time fee)

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 January 13
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 January 12
6 weeks | \$72

Cardio Fit

YMCA Brighton

Combines invigorating cardiovascular exercises with gentle chair-based stretches.

Thursdays at 1 pm
Starting January 15
12 weeks | \$96