



Brighton Exercise Class Schedule Spring 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 April 8th
12 weeks | \$72

Wednesdays at 2 pm Starting April 9th
(no class April 30th)
11 weeks | \$66

Fridays at 9:30 am Starting April 11th
9 weeks | \$54

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 April 7th
(no class April 21 and May 19)
10 weeks | \$60

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 April 7th
(no class April 21 and May 19)
10 weeks | \$60

Stretch & Strengthen

Community Care Brighton Office

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

Tuesdays at 9 am Starting April 8th
10 weeks | \$60

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.

Mondays at 2 pm Starting April 7th
(no class Apr 21, Apr 28, May 19, May 26)
8 weeks | \$48

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 April 7th (no class April 21 and May 19)
6 weeks | \$72

Cardio Fit

YMCA Brighton

Combines invigorating cardiovascular exercises with gentle chair-based stretches.

Thursdays at 1 pm
Starting April 10th
12 weeks | \$72