

YMCA GYM - CLASS TIMETABLE

March 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
#HiitFit30 09:30 - 10:00 Brooke	Cardio Pump 09:30 - 10:30 Donna	PiYO *TRIAL CLASS* 07:00 - 07:30 Kay	#HiitFit30 07:30 - 08:00 Kay	#Stretch&Tone 09:00 - 09:30 Julie	#Bodyblast30 *NEW TIME* 10:30 - 11:00 Brooke / Callum	#Bodyblast30 09:30 - 10:00 Callum
Healthy Hearts 10:00 - 11:00 Donna	Gentle Exercise 10:30 - 11:30 Kay	#Kettlebell30 09:30 - 10:00 Kay	Sculpt & Tone 09:30 - 10:30 Julie	Cardio Pump 09:30 - 10:30 Eileen	#AbBlast15 *NEW TIME* 11:00 - 11:15 Brooke / Callum	Legs, Bums & Tums 10:30 - 11:30 Julie
Total Body Conditioning 12:00 - 13:00 Donna	#Rigfit30 11:00 - 11:30 Donna	Healthy Hearts 10:00 - 11:00 Joanne	PiYO *new class* 12:00 - 12:45 Kay	#Bodyblast30 12:00 - 12:30 Julie	Metafit 09:55 - 10:25 Natalie	
FITSTEPS 17:30 - 18:15 Caroline	Cyclefit *beginners* *NEW TIME* 12:30 - 13:00 Kay / Donna	#Bodyblast30 10:00 - 10:30 Kay	Zumba 17:15 - 18:00 Donna	Iyengar Yoga 11:00 - 12:30 Liz	Peak Tone *NEW TIME* 11:00 - 12:00 Su	
#AbBlast15 18:00 - 18:15 Callum	Total Body Workout 17:30 - 18:15 Julie	Zumba Gold 12:30 - 13:15 Kay	HiitFit 60 18:15 - 19:15 John	Cyclefit *beginners* 12:30 - 13:00 Brooke / Julie	Cyclefit 11:00 - 11:45 Julie	
Cyclefit Circuit 18:15 - 19:15 Julie	Boxercise 18:15 - 19:15 John	Yoga 13:30 - 15:00 Gill	#AbBlast15 18:00 - 18:15 Callum	Step & Sculpt 17:15 - 18:15 Julie	#AbBlast15 *NEW CLASS* 11:45 - 12:00 Julie	
Multi Fit 18:15 - 19:00 Kay	Cyclefit 18:15 - 19:00 Julie	#AbBlast15 18:00 - 18:15 Donna	Cyclefit 18:15 - 19:00 Julie	#Bodyblast30 17:30 - 18:00 Brooke	<small>Classes correct as at 1st March 2018</small>	
Zumba 19:00 - 19:45 Kay	#AbBlast15 *NEW TIME* 18:00 - 18:15 Brooke	Cardio Mix 18:00 - 18:45 Julie	#Kettlebell30 *NEW TIME* 19:15 - 19:45 Callum	#AbBlast15 18:00 - 18:15 Brooke		
	PiYO *NEW CLASS* 19:15 - 20:00 Natalie	Legs, Bums & Tums 18:45 - 19:30 Julie	Clubercise 19:30 - 20:15 Donna	Pilates 18:15 - 19:00 Sarah		
		Power Yoga 19:15 - 20:45 Rosie		Ballroom & Latin 19:00 - 20:30 Glen		

NEW! book your class online:
<http://ymcagym.clubm.mobi>

Please turn over for individual class descriptions

New to Classes?

1. Bring a water bottle and towel
2. Arrive on time to ensure you warm up thoroughly
3. Please ensure you remain for the entire duration of the class

Please Note: Some classes are in high demand and require pre-booking. Contact us for details.

OPENING HOURS

Mon - Thur: 6.45am - 9.00pm
 Friday: 6.45am - 8.00pm
 Saturday: 9.00am - 4.00pm
 Sunday: 9.00am - 2.00pm

Burn it

Cyclefit:	(Bookings essential) Amazing fun and energetic sessions on stationary bikes
Cardio Mix:	Energetic and upbeat aerobics class with a great mix of high and low impact moves
#AbBlast15:	15 minute quick blast sessions - Feel the burn as you work your abs
#HiitFit30:	The current “in vogue” training method - this circuit class is great for developing fitness in just 30 minutes
#RigFit30:	30 minutes of calorie burning and full body training, utilising our functional rig.
Boxercise:	This circuit based class is ideal for both men and women - a great stress reliever!
Kettlebells:	Fast results in terms of core training and fat burning - notice a difference in just a few sessions!
Cardio Pump:	A diverse medley of body sculpting exercises - guaranteed fun!
Total Body Workout:	Designed to strengthen cardiovascular system, tone muscles and boost endurance.
#Bodyblast30:	A 30 minute blast on the gym floor. An excellent calorie burner targeting lots of muscle fibres to get great results.

Gently does it

Healthy Hearts:	Gentle exercise to improve fitness for those who have been referred by a health specialist
Gentle Exercise:	A circuits based class to help you exercise safely. maintain a healthier lifestyle and make new friends

Follow us online for our latest offers & up to date class information

YMCA GYM, Church Way, North Shields. NE29 0AB
T 0191 257 5434 - www.ymcagym.co.uk



Stretch it

Yoga:	Standing, seating balancing postures to develop long lasting muscular strength, posture and flexibility
Iyengar Yoga:	Focuses on structural alignment of the body through postures
Power Yoga:	This is a dynamic yoga class. Great for those who are looking to improve their fitness levels and balance the body’s natural rhythms

Move it

Zumba:	Combines Latin and international music with simple dynamic movement
Zumba Gold:	Combines Latin and international music with simple dynamic movement for our golden oldies
Fitsteps:	Fitness class featuring the most popular Latin and Ballroom classes
Clubbercise:	Easy-to-follow dance workout using flashing glow sticks set to a soundtrack of uplifting club anthems

Tone it

Sculpt & Tone:	Total muscle conditioning using weights, body bars and resistance bands to add tone and strength to your physique
Legs, Bums & Tums:	This absolute classic is still a firm favourite - great for keeping in shape
Peak Tone:	Effective, progressive and intense toning exercises
Metafit:	30 minute body weight training and and metabolic workout that is functional, effective and gets great results.
Step & Sculpt	Designed to improve strength, body toning and coordination whilst giving you a serious head-to-toe cardio workout.
Multi-Fit:	A mash up of high and low impact aerobics using resistance bands, balls, steps, weights and bars
Total Body Conditioning:	An aerobics and step cross-over using hand weights, bars and tubes to target problem areas
PiYO:	Stretch and strengthen your way through a challenging workout for core, flexibility and all round muscle tone