


YMCA GYM - CLASS TIMETABLE

SEPTEMBER 2017

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|--|--|
| #HiitFit30 09:30-10:00 Brooke | Cardio Pump 09:30-10:30 Donna | #Kettlebell30 09:30-10:00 Kay | #HiitFit30 07:30-08:00 Kay | Stretch & Tone 09:00-09:30 Julie | #Bodyblast30 09:45-10:15 | #Bodyblast30 09:30-10:00 |
| Healthy Hearts 10:00-11:00 Donna | Gentle Exercise 10:30-11:30 Kay | Healthy Hearts 10:00-11:00 Joanne | Sculpt & Tone 09:30-10:30 Julie | Cardio Pump 09:30-10:30 Eileen | #AbBlast15 10:15-10:30 | Legs, Bums & Tums 10:30-11:30 Julie |
| #Bodyblast30 10:30-11:00 Brooke | #Bodyblast30 11:00-11:30 Donna | #Bodyblast30 10:00-10:30 Kay | Zumba 17:15-18:00 Donna | #Bodyblast30 12:00-12:30 Julie | Metafit *new time* 09:55-10:25 Natalie | |
| Total Body Conditioning 12:00-13:00 Donna | Cyclefit <i>*new for beginners*</i> 12:15-12:45 | Zumba Gold 12:30-13:15 Kay | #HiitFit60 18:15-19:15 John | Iyengar Yoga 11:00-12:30 Liz | Peak Tone 10:30-11:30 Eileen | |
| FITSTEPS 17:30-18:15 Caroline | Total Body Workout 17:30-18:15 Julie B | Yoga 13:30-15:00 Gill | #AbBlast15 18:00-18:15 James | Cyclefit <i>*new for beginners*</i> 12:30-13:00 | Cyclefit 11:00-11:45 Julie | |
| #AbBlast15 18:00-18:15 | Boxercise 18:15-19:15 John | #AbBlast15 18:00-18:15 Donna | Cyclefit 18:15-19:00 Julie | Step & Sculpt 17:15-18:15 Julie | | |
| Multi Fit 18:15-19:00 Kay | Cyclefit 18:15-19:00 Julie B | Cardio Mix 18:00-18:45 Julie | #Kettlebell30 19:00-19:30 | #Bodyblast30 17:30-18:00 Brooke | <small>Classes correct as at 11th September 2017</small> | |
| Zumba 19:00-19:45 Kay | #AbBlast15 19:00-19:15 Brooke | Legs, Bums & Tums 18:45-19:30 Julie | Clubbercise 19:30-20:15 Donna | #AbBlast15 18:00-18:15 Brooke | | |
| | Cyclefit 19:15-20:00 Michelle | Power Yoga 19:15-20:45 Rosie | | Pilates 18:15-19:00 Sarah | | |

 Please turn over for individual class descriptions

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

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

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

Ballroom & Latin
19:00-20:30
Glen

Burn it

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| 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 |
| 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. |
| Beach Boot Camp: | Wake up and work out! Give yourself a great boost with this mid-week training session in the most beautiful of locations! |

Gently does it

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| 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.org



Stretch it

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| 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

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| 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

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| 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 |