



YMCA GYM

Fantastic gym facilities at the heart of your community.

# CLASS TIMETABLE WINTER/SPRING 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Express BODYPUMP</b> 09:15 - 09:45 (16+) Brooke	<b>Express Cyclefit</b> 07:00 - 07:30 Donna <b>NEW</b>	<b>#Kettlebell30</b> 09:30 - 10:00 Kay *	<b>Sculpt &amp; Tone</b> 09:30 - 10:30 Julie	<b>SPRINT (Starts 8 Feb)</b> 07:00 - 07:30 Julie * <b>NEW</b>	<b>Express BODYPUMP</b> 09:00 - 09:45 (16+) Brooke <b>**NEW TIME**</b>	<b>#Bodyblast30</b> 09:30 - 10:00 Callum *
<b>Healthy Hearts</b> 10:00 - 11:00 Donna	<b>Cardio Pump</b> 09:30 - 10:30 Donna	<b>Healthy Hearts</b> 10:00 - 11:00 Joanne	<b>Gentle Exercise</b> 10:30 - 11:30 Kay	<b>#Stretch&amp;Tone</b> 09:00 - 09:30 Julie *	<b>Metafit</b> 10:00 - 10:30 Natalie	<b>BODYBALANCE</b> 09:30 - 10:30 Su
<b>#HIITFIT30</b> 10:00 - 10:30 Brooke <b>NEW</b>	<b>Gentle Exercise</b> 10:30 - 11:30 Kay	<b>#Bodyblast30</b> 10:00 - 10:30 Kay *	<b>PiYO</b> 12:00 - 12:45 Kay	<b>Cardio Pump</b> 09:30 - 10:30 Eileen	<b>#Bodyblast30</b> 10:30 - 11:00 Brooke / Callum *	<b>Legs, Bums &amp; Tums</b> 10:30 - 11:30 Julie
<b>Total Body Condition</b> 12:00 - 13:00 Donna	<b>Cyclefit (beginners)</b> 12:30 - 13:00 Kay / Donna *	<b>Zumba Gold</b> 12:30 - 13:15 Kay	<b>Zumba</b> 17:15 - 18:00 Donna	<b>Express BODYPUMP</b> 10:45 - 11:15 (16+) Callum <b>**NEW TIME**</b>	<b>#AbBlast15</b> 11:00 - 11:15 Brooke / Callum *	
<b>Express BODYPUMP</b> 13:00 - 13:30 (16+) Callum	<b>Total Body Workout</b> 17:30 - 18:15 Julie	<b>Express BODYPUMP</b> 13:00 - 13:30 (16+) Brooke *	<b>#AbBlast15</b> 18:00 - 18:15 Callum *	<b>Iyengar Yoga</b> 11:00 - 12:30 Liz	<b>Legs, Bums &amp; Tums</b> 11:00 - 12:00 Su	
<b>FITSTEPS</b> 17:30 - 18:15 Caroline	<b>#AbBlast15</b> 18:00 - 18:15 Brooke *	<b>Yoga</b> 13:30 - 15:00 Gill	<b>HIITFIT60</b> 18:00 - 19:00 John	<b>#Bodyblast30</b> 12:00 - 12:30 Julie *	<b>Cyclefit</b> 11:00 - 11:45 Julie *	
<b>#AbBlast15</b> 18:00 - 18:15 Callum *	<b>Cyclefit</b> 18:15 - 19:00 Julie *	<b>SPRINT (Starts 6 Feb)</b> 17:15 - 17:45 Julie * <b>NEW</b>	<b>Cyclefit</b> 18:15 - 19:00 Julie *	<b>SPRINT (Starts 8 Feb)</b> 12:30 - 13:00 Julie * <b>NEW</b>	<b>#AbBlast15</b> 11:45 - 12:00 Julie *	
<b>SPRINT (starts 4 Feb)</b> 18:15 - 18:45 Julie * <b>NEW</b>	<b>Boxercise</b> 18:15 - 19:15 (16+) John	<b>#AbBlast15</b> 18:00 - 18:15 Donna *	<b>BODYPUMP</b> 19:00 - 19:45 (16+) Callum	<b>Step &amp; Sculpt</b> 17:15 - 18:15 Julie		
<b>Multi Fit</b> 18:15 - 19:00 Kay	<b>PiYO</b> 19:15 - 20:00 Natalie	<b>Cardio Mix</b> 18:00 - 18:45 Julie	<b>Clubbercise</b> 19:45 - 20:30 Donna	<b>#Bodyblast30</b> 17:30 - 18:00 Brooke *		
<b>Circuits</b> 18:45 - 19:15 Julie * <b>NEW</b>	<b>BODYPUMP</b> 19:30 - 20:15 Kelda *	<b>Legs, Bums &amp; Tums</b> 18:45 - 19:30 Julie		<b>#AbBlast15</b> 18:00 - 18:15 Brooke *		
<b>Zumba</b> 19:00 - 19:45 Kay		<b>Power Yoga</b> 19:15 - 20:45 Rosie *		<b>Pilates</b> 18:15 - 19:00 Amanda		
<b>BODYBALANCE</b> 19:45 - 20:45 Su		<b>BODYPUMP</b> 19:30 - 20:30 (16+) Bex		<b>Ballroom &amp; Latin</b> 19:00 - 20:30 Glen		

**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

Book your class online: <http://ymcagym.clubm.mobi>

Please turn over for individual class descriptions

\* Class takes place in Functional Room or Gym; all other classes are in Main Hall.

## Burn it

<b>#AbBlast15:</b>	15 minute quick blast sessions - Feel the burn as you work your abs
<b>Boxercise:</b>	This circuit based class is ideal for both men and women - a great stress reliever! <i>Ages 16 years +</i>
<b>#Bodyblast30:</b>	A 30 minute blast on the gym floor. An excellent calorie burner targeting lots of muscle fibres to get great results.
<b>Cardio Mix:</b>	Energetic and upbeat aerobics class with a great mix of high and low impact moves
<b>Cardio Pump:</b>	A diverse medley of body sculpting exercises - guaranteed fun!
<b>Cyclefit:</b>	(Bookings essential) Amazing fun and energetic sessions on stationary bikes
<b>#HiitFit30:</b>	The current "in vogue" training method - this circuit class is great for developing fitness in just 30 minutes
<b>Total Body Workout:</b>	Designed to strengthen cardiovascular system, tone muscles and boost endurance.
<b>LES MILLS sprint</b>	High intensity interval training using indoor bikes to achieve fast results.

## Gently does it

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

## Stretch it

<b>LES MILLS BODYBALANCE</b>	A unique workout which incorporates Yoga, Tai Chi and Pilates to help improve flexibility, build strength and leave you feeling relaxed and calm. The class will help you learn how to control your breathing and focus your mind.
<b>Yoga:</b>	Standing, seating balancing postures to develop long lasting muscular strength, posture and flexibility
<b>Iyengar Yoga:</b>	Focuses on structural alignment of the body through postures
<b>Power Yoga:</b>	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

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

## Tone it

<b>LES MILLS BODYPUMP</b>	A barbell workout for anyone looking to get lean, toned and fit - fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories per class. <i>Ages 16 years +</i>
<b>Sculpt &amp; Tone:</b>	Total muscle conditioning using weights, body bars and resistance bands to add tone and strength to your physique
<b>Legs, Bums &amp; Tums:</b>	This absolute classic is still a firm favourite - great for keeping in shape
<b>Peak Tone:</b>	Effective, progressive and intense toning exercises
<b>Metafit:</b>	30 minute body weight training and and metabolic workout that is functional, effective and gets great results.
<b>Step &amp; Sculpt</b>	Designed to improve strength, body toning and coordination whilst giving you a serious head-to-toe cardio workout.
<b>Multi-Fit:</b>	A mash up of high and low impact aerobics using resistance bands, balls, steps, weights and bars
<b>Total Body Conditioning:</b>	An aerobics and step cross-over using hand weights, bars and tubes to target problem areas
<b>PIYO:</b>	Stretch and strengthen your way through a challenging workout for core, flexibility and all round muscle tone

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](http://www.ymcagym.co.uk)

