

# YMCA GYM - CLASS TIMETABLE

# JUNE 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>#HiitFit30</b> 09:30-10:00 Brooke	<b>Cardio Pump</b> 09:30-10:30 Donna	<b>#Kettlebell30</b> 09:30-10:00 Kay	<b>#HiitFit30</b> 07:30-08:00 Kay	<b>Stretch &amp; Tone</b> 09:00-09:30 Julie	<b>#Bodyblast30</b> 09:45-10:15	<b>#Bodyblast30</b> 09:30-10:00
<b>Healthy Hearts</b> 10:00-11:00 Donna	<b>Gentle Exercise</b> 10:30-11:30 Kay	<b>Healthy Hearts</b> 10:00-11:00 Kim	<b>Sculpt &amp; Tone</b> 09:30-10:30 Julie	<b>Cardio Pump</b> 09:30-10:30 Eileen	<b>#AbBlast15</b> 10:15-10:30	<b>Legs, Bums &amp; Tums</b> 10:30-11:30 Julie
<b>#Bodyblast30</b> 10:30-11:00 Brooke	<b>#Bodyblast30</b> 11:00-11:30 Donna	<b>#Bodyblast30</b> 10:00-10:30 Kay	<b>Zumba</b> 17:15-18:00 Donna	<b>#Bodyblast30</b> 12:00-12:30 Julie	<b>Metafit</b> 10:00-10:30 Natalie	
<b>Total Body Conditioning</b> 12:00-13:00 Donna	<b>Total Body Workout</b> 17:30-18:15 Julie B	<b>Zumba Gold</b> 12:30-13:15 Kay	<b>#HiitFit60</b> 18:15-19:15 John	<b>Iyengar Yoga</b> 11:00-12:30 Liz	<b>Peak Tone</b> 10:30-11:30 Eileen	
<b>FITSTEPS</b> 17:30-18:15 Caroline	<b>Boxercise</b> 18:15-19:15 John	<b>Yoga</b> 13:30-15:00 Gill	<b>#AbBlast15</b> 18:00-18:15 Brooke	<b>Step &amp; Sculpt</b> 17:15-18:15 Julie	<b>Cyclefit</b> 11:00-11:45 Julie	
<b>#AbBlast15</b> 18:00-18:15	<b>Cyclefit</b> 18:15-19:00 Julie B	<b>#AbBlast15</b> 18:00-18:15 Donna	<b>Cyclefit</b> 18:15-19:00 Julie	<b>#Bodyblast30</b> 17:30-18:00 Brooke		
<b>Multi Fit</b> 18:15-19:00 Kay	<b>#AbBlast15</b> 19:00-19:15 Brooke	<b>Cardio Mix</b> 18:00-18:45 Julie	<b>#Kettlebell30</b> 19:00-19:30 Brooke	<b>#AbBlast15</b> 18:00-18:15 Brooke		
<b>Zumba</b> 19:00-19:45 Kay	<b>Cyclefit</b> 19:15-20:00 Michelle	<b>Legs, Bums &amp; Tums</b> 18:45-19:30 Julie	<b>Clubbercise</b> 19:30-20:15 Donna	<b>Ballroom &amp; Latin</b> 19:00-20:00 Glen		
		<b>Power Yoga</b> 19:15-20:45 Rosie				

## 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

## Off-Peak Hours:

10.00am – 3.00pm  
 Weekdays and Weekends  
 (2pm Sundays)  
 Classes correct as at 6th June 2017



**Please turn over for individual class descriptions**

## Burn it

<b>Cyclefit:</b>	(Bookings essential) Amazing fun and energetic sessions on stationary bikes
<b>Cardio Mix:</b>	Energetic and upbeat aerobics class with a great mix of high and low impact moves
<b>#AbBlast15:</b>	15 minute quick blast sessions - Feel the burn as you work your abs
<b>#HiitFit30:</b>	The current "in vogue" training method - this circuit class is great for developing fitness in just 30 minutes
<b>Boxercise:</b>	This circuit based class is ideal for both men and women - a great stress reliever!
<b>Kettlebells:</b>	Fast results in terms of core training and fat burning - notice a difference in just a few sessions!
<b>Cardio Pump:</b>	A diverse medley of body sculpting exercises - guaranteed fun!
<b>Total Body Workout:</b>	Designed to strengthen cardiovascular system, tone muscles and boost endurance.
<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>Beach Boot Camp:</b>	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

<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

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YMCA GYM, Church Way, North Shields. NE29 0AB  
T 0191 257 5434 - [www.ymcagym.org](http://www.ymcagym.org)



## Stretch it

<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>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