


YMCA GYM - CLASS TIMETABLE

MAY 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
#HiitFit30 09:30-10:00 Brooke	Cardio Pump 09:30-10:30 Donna	Beach Boot Camp <i>Tynemouth Longsands</i> 06:15-07:00 - John	#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	#Kettlebell30 09:30-10:00 Kay	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	Healthy Hearts 10:00-11:00 Kim	Zumba 17:15-18:00 Donna	#Bodyblast30 12:00-12:30 Julie	Metafit 10:00-10:30 Natalie	
Total Body Conditioning 12:00-13:00 Donna	Total Body Workout 17:30-18:15 Julie B	#Bodyblast30 10:00-10:30 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	Boxercise 18:15-19:15 John	Zumba Gold 12:30-13:15 Kay	#AbBlast15 18:00-18:15 Brooke	Step & Sculpt 17:15-18:15 Julie	Cyclefit 11:00-11:45 Julie	
#AbBlast15 18:00-18:15	Cyclefit 18:15-19:00 Julie B	Yoga 13:30-15:00 Gill	Cyclefit 18:15-19:00 Julie	#Bodyblast30 17:30-18:00 Brooke		
Multi Fit 18:15-19:00 Kay	#AbBlast15 19:00-19:15 Brooke	#AbBlast15 18:00-18:15 Donna	#Kettlebell30 19:00-19:30 Brooke	#AbBlast15 18:00-18:15 Brooke		
Zumba 19:00-19:45 Kay	Cyclefit 19:15-20:00 Michelle	Cardio Mix 18:00-18:45 Julie	Clubbercise 19:30-20:15 Donna	Ballroom & Latin 19:00-20:00 Glen		
		Legs, Bums & Tums 18:45-19:30 Julie				
		Power Yoga 19:15-20:45 Rosie				

 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

Off-Peak Hours:

10.00am – 3.00pm
 Weekdays and Weekends
 (2pm Sundays)
 Classes correct as at 17th May 2017

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
- 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

- 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

- 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