


YMCA GYM - CLASS TIMETABLE

OCTOBER 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 Brooke | #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 Brooke | 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 | PiYo *new class* 12:00 - 12:45 Kay | #Bodyblast30 12:00 - 12:30 Julie | Metafit *new time* 09:55 - 10:25 Natalie | |
| Total Body Conditioning 12:00 - 13:00 Donna | Cyclefit *beginners* 12:15 - 12:45 Kay / Donna | Zumba Gold 12:30 - 13:15 Kay | Zumba 17:15 - 18:00 Donna | 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 | Yoga 13:30 - 15:00 Gill | #HiitFit60 18:15 - 19:15 John | Cyclefit *beginners* 12:30 - 13:00 Brooke / Julie | Cyclefit 11:00 - 11:45 Julie | |
| #AbBlast15 18:00 - 18:15 Julie | Boxercise 18:15 - 19:15 John | #AbBlast15 18:00 - 18:15 Donna | #AbBlast15 18:00 - 18:15 James | Step & Sculpt 17:15 - 18:15 Julie | | |
| Cyclefit 18:15 - 19:00 Julie | Cyclefit 18:15 - 19:00 Julie | Cardio Mix 18:00 - 18:45 Julie | Cyclefit 18:15 - 19:00 Julie | #Bodyblast30 17:30- 18:00 Brooke | Classes correct as at 25th October 2017 | |
| Multi Fit 18:15 - 19:00 Kay | #AbBlast15 19:00 - 19:15 Brooke | Legs,Bums&Tums 18:45 - 19:30 Julie | #Kettlebells30 19:00 - 19:30 Julie | #AbBlast15 18:00 - 18:15 Brooke | | |
| Zumba 19:00 - 19:45 Kay | Cyclefit 19:15 - 20:00 Michelle | Power Yoga 19:15 - 20:45 Rosie | Clubbercise 19:30 - 20:15 Donna | Pilates 18:15 - 19:00 Sarah | | |
| | | | | Ballroom & Latin 19:00 - 20:30 Glen | | |

 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

| | |
|-------------|-----------------|
| 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.
- 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.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.