



YMCA GYM

Fantastic gym facilities at the heart of your community. Part of YMCA North Tyneside

CLASS TIMETABLE SPRING / SUMMER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday								
EXPRESS BODYPUMP 09:15 - 09:45 (16+) Brooke	Express Cyclefit 07:00 - 07:30 Donna	Beach Boot Camp 6:15am - 7:00am John	Sculpt & Tone 09:30 - 10:30 Julie	SPRINT 07:00 - 07:30 Julie *	Express BODYPUMP 09:00 - 09:45 (16+) Brooke **NEW TIME**	#Bodyblast30 09:30 - 10:00 Callum *								
Healthy Hearts 10:00 - 11:00 Donna	Cardio Pump 09:30 - 10:30 Donna	#Kettlebell30 09:30 - 10:00 Kay *	Gentle Exercise 10:30 - 11:30 Kay	#Stretch&Tone 09:00 - 09:30 Julie *	Metafit 10:00 - 10:30 Natalie	BODYBALANCE 09:30 - 10:30 Su								
#HIITFIT30 10:00 - 10:30 Brooke	Gentle Exercise 10:30 - 11:30 Kay	Healthy Hearts 10:00 - 11:00	PiYO 12:00 - 12:45 Kay	Cardio Pump 09:30 - 10:30 Eileen	#Bodyblast30 10:30 - 11:00 Brooke / Callum *	Legs, Bums & Tums 10:30 - 11:30 Julie								
Total Body Condition 12:00 - 13:00 Donna	Cyclefit (beginners) 12:30 - 13:00 Kay / Donna *	#Bodyblast30 10:00 - 10:30 Kay *	Zumba 17:15 - 18:00 Donna	Express BODYPUMP 10:45 - 11:15 (16+) Callum **NEW TIME**	#AbBlast15 11:00 - 11:15 Brooke / Callum *									
Express BODYPUMP 13:00 - 13:30 (16+) Callum	Total Body Workout 17:30 - 18:15 Julie	Zumba Gold 12:30 - 13:15 Kay	#AbBlast15 18:00 - 18:15 Callum *	Iyengar Yoga 11:00 - 12:30 Liz	Legs, Bums & Tums 11:00 - 12:00 Su									
FITSTEPS 17:30 - 18:15 Caroline	#AbBlast15 18:00 - 18:15 Brooke *	Express BODYPUMP 13:00 - 13:30 (16+) Brooke *	HIITFIT60 18:00 - 19:00 John	#Bodyblast30 12:00 - 12:30 Julie *	Cyclefit 11:00 - 11:45 Julie *									
#AbBlast15 18:00 - 18:15 Callum *	Cyclefit 18:15 - 19:00 Julie *	Yoga 13:30 - 15:00 Gill	Cyclefit 18:15 - 19:00 Julie *	SPRINT 12:30 - 13:00 Julie *	#AbBlast15 11:45 - 12:00 Julie *									
SPRINT 18:15 - 18:45 Julie *	Boxercise 18:15 - 19:15 (16+) John	SPRINT 17:15 - 17:45 Julie *	BODYPUMP 19:00 - 19:45 (16+) Callum	Step & Sculpt 17:15 - 18:15 Julie	New to Classes? <ol style="list-style-type: none"> 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 <table> <tr> <td>Mon - Thurs:</td> <td>6:45am - 9:00pm</td> </tr> <tr> <td>Friday</td> <td>6:45am - 8:00pm</td> </tr> <tr> <td>Saturday</td> <td>9:00am - 4:00pm</td> </tr> <tr> <td>Sunday</td> <td>9:00am - 2:00pm</td> </tr> </table>		Mon - Thurs:	6:45am - 9:00pm	Friday	6:45am - 8:00pm	Saturday	9:00am - 4:00pm	Sunday	9:00am - 2:00pm
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Multi Fit 18:15 - 19:00 Kay	PiYO 19:15 - 20:00 Natalie	#AbBlast15 18:00 - 18:15 Donna *	Clubbercise 19:45 - 20:30 Donna	#Bodyblast30 17:30 - 18:00 Brooke *										
Circuits 18:45 - 19:15 Julie *	BODYPUMP 19:30 - 20:15 Bex*	Cardio Mix 18:00 - 18:45 Julie		#AbBlast15 18:00 - 18:15 Brooke *										
Zumba 19:00 - 19:45 Kay		Legs, Bums & Tums 18:45 - 19:30 Julie		Pilates 18:15 - 19:00 Amanda										
BODYBALANCE 19:45 - 20:45 Su		Power Yoga 19:15 - 20:45 Rosie *		Ballroom & Latin 19:00 - 20:00 Glen										
		BODYPUMP 19:30 - 20:30 (16+) Bex												

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

Please turn over for individual class descriptions ...

* Class takes place in the Functional Room or Gym. All other classes are in the Main Hall.

Burn it

#AbBlast15:	15 minute quick blast sessions - Feel the burn as you work your abs
Boxercise:	Using boxing training methods, experience a total body / stress relieving workout - <i>Ages 16 years +</i>
#Bodyblast30:	A 30 minute blast on the gym floor. An excellent calorie burner targeting lots of muscle fibres to get great results.
Cardio Mix:	Energetic and upbeat aerobics class with a great mix of high and low impact moves
Cardio Pump:	A diverse medley of body sculpting exercises - guaranteed fun!
Cyclefit:	(Bookings essential) Amazing fun and energetic sessions on stationary bikes
HiitFit :	30 - 60 minute high intensity interval training / circuit class, bringing results in mind and body
Total Body Workout:	Designed to strengthen cardiovascular system, tone muscles and boost endurance.
LES MILLS sprint	High intensity interval training using indoor bikes to achieve fast results.

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

Stretch it

LES MILLS BODYBALANCE	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.
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

LES MILLS BODYPUMP	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>
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

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

