



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+) <i>Brooke</i>	Express Cyclefit 07:00 - 07:30 <i>Donna</i>	Beach Boot Camp 6:15am - 7:00am <i>John</i>	Sculpt & Tone 09:30 - 10:30 <i>Julie</i>	SPRINT 07:00 - 07:30 <i>Julie *</i>	Express BODYPUMP 09:00 - 09:45 (16+) <i>Brooke</i>	BODYBALANCE 9:30-10:30 <i>Su</i>
Healthy Hearts 10:00 - 11:00 <i>Donna</i>	Cardio Pump 09:30 - 10:30 <i>Donna</i>	#Kettlebell30 09:30 - 10:00 <i>Kay *</i>	Gentle Exercise 10:30 - 11:30 <i>Kay</i>	#Stretch&Tone 09:00 - 09:30 <i>Julie *</i>	Metafit 10:00 - 10:30 <i>Amy</i>	Bodyblast30 10:30-11:00 <i>Dan *</i> ***NEW TIME***
#HIITFIT30 10:00 - 10:30 <i>Brooke</i>	Gentle Exercise 10:30 - 11:30 <i>Kay</i>	Healthy Hearts 10:00 - 11:00 <i>Alison</i>	PIYO 12:00 - 12:45 <i>Kay</i>	Cardio Pump 09:30 - 10:30 <i>Eileen</i>	#Bodyblast30 10:30 - 11:00 <i>Brooke *</i>	Legs, Bums & Tums 10:30 - 11:30 <i>Julie</i>
Total Body Condition 12:00 - 13.00 <i>Donna</i>	Cyclefit (beginners) 12:30 - 13:00 <i>Kay</i>	#Bodyblast30 10:00 - 10:30 <i>Kay *</i>	Zumba 17:15 - 18:00 <i>Donna</i>	Express BODYPUMP 10:45 - 11:15 (16+) <i>*</i>	#AbBlast15 11:00 - 11:15 <i>Brooke *</i>	
Express BODYPUMP 13:00 - 13:30 (16+)	Total Body Workout 17:30 - 18:15 <i>Julie</i>	Zumba Gold 12:30 - 13:15 <i>Kay</i>	#AbBlast15 18:00 - 18:15 <i>Julie/Donna *</i>	Iyengar Yoga 11:00 - 12:30 <i>Liz</i>	Legs, Bums & Tums 11:00 - 12:00 <i>Su</i>	
FITSTEPS 17:30 - 18:15 <i>Caroline</i>	#AbBlast15 18:00 - 18:15 <i>Brooke *</i>	Express BODYPUMP 13:00 - 13:30 (16+) <i>Brooke *</i>	HIITFIT60 18:00 - 19:00 <i>John</i>	#Bodyblast30 12:00 - 12:30 <i>Julie *</i>	Cyclefit 11:00 - 11:45 <i>Julie *</i>	
#AbBlast15 18:00 - 18:15 <i>Dan *</i>	Cyclefit 18:15 - 19:00 <i>Julie *</i>	Yoga 13:30 - 15:00 <i>Gill</i>	Cyclefit 18:15 - 19:00 <i>Julie *</i>	SPRINT 12:30 - 13:00 <i>Julie *</i>	#AbBlast15 11:45 - 12:00 <i>Julie *</i>	
SPRINT 18:15 - 18:45 <i>Julie *</i>	Boxercise 18:15 - 19:15 (16+) <i>John</i>	SPRINT 17:15 - 17:45 <i>Julie *</i>	Clubbercise 19:15-20:00 <i>Donna</i> ***NEW TIME***	Step & Sculpt 17:15 - 18:15 <i>Julie</i>	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.	
Multi Fit 18:15 - 19:00 <i>Kay</i>	PiYO 19:15 - 20:00 <i>Natalie</i>	#AbBlast15 18:00 - 18:15 <i>Dan *</i>		#Bodyblast30 17:30 - 18:00 <i>Brooke *</i>	Opening Hours Mon - Thurs: 6:45am - 9:00pm Friday: 6:45am - 8:00pm Saturday: 9:00am - 4:00pm Sunday: 9:00am - 2:00pm	
Circuits 18:45 - 19:15 <i>Julie *</i>	BODYPUMP 19:30 - 20:15 <i>Bex*</i>	Cardio Mix 18:00 - 18:45 <i>Julie</i>		#AbBlast15 18:00 - 18:15 <i>Brooke *</i>		
Zumba 19:00 - 19:45 <i>Kay</i>		Legs, Bums & Tums 18:45 - 19:30 <i>Julie</i>		Pilates 18:15 - 19:00 <i>Susan ** NEW INSTRUCTOR**</i>		
BODYBALANCE 19:45 - 20:45 <i>Su</i>		Power Yoga 19:15 - 20:45 <i>Rosie *</i>		Ballroom & Latin 19:00 - 20:00 <i>Glen</i>		
		BODYPUMP 19:30 - 20:30 (16+) <i>Bex</i>				

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
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