YMCA **GYM**

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

CLASS TIMETABLE

SUMMER/AUTUMN 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
EXPRESS *BODYPUMP* 09:15 - 09:45 (16+) *Brooke*	**Cardio Pump** 09:30 - 10:30 *Donna*	**Healthy Hearts** 10:00 - 11:00 *Alison*	**Sculpt & Tone** 09:30 - 10:30 *Julie*	***Cardio Pump*** 09:30 - 10:30 *Eileen*	**Express BODYPUMP** 09:15 - 10:00 (16+) *Amy*	**BODYBALANCE** 9:30-10:30 *Su*
Healthy Hearts 10:00 - 11:00 *Donna*	**Gentle Exercise** 11:00 - 12:00 *Kay*	**Zumba Gold** 12:00 - 12:45 *Kay*	**Gentle Exercise** 11:00 - 12:00 *Kay*	**Iyengar Yoga** 11:00- 12:00 *Liz* ******Restarting 4/08)******	**Metafit** 10:15 - 10:45 *Amy*	**Legs, Bums & Tums** 11:00 - 12:00 *Michele ***New Instructor****
Total body Conditioning 12:00 - 13:00 *Donna*	**Total Body Workourt** 17:30 - 18:15 *Julie*	**Yoga** 13:30 - 14:30 *Gill*	**Yogalates** 12:30 - 13:30 *Kay*	**SPRINT** 12:00 - 12:30 *Julie **	**SPRINT** 10:30 - 11:00 *Julie**	**Ballroom** 14:00 - 15:00 **(starting 13/09)** *Caroline* ******NEW CLASS******
FITSTEPS 17:30 - 18:15 *Caroline*	**Boxercise** 18:30 - 19:30 *John*	**Legs, Bums & Tums** 17:30 - 18:15 *Julie*	**BODYPUMP** 18:00 - 19:00 *Bex*	**Gentle Exercise** 14:00 - 15:00 **(starts 18/09)** *Dan* ******NEW CLASS******	**SPRINT** 11:15 - 11:45 *Julie**	
SPRINT 18:30 - 19:00 *Julie**	**Cyclefit** 18:30 - 19:15 *Julie **	**SPRINT** 18:30 - 19:00 *Julie**	**Cyclefit** 18:30 - 19:15 *Julie **	**Step & Sculpt** 17:15 - 18:00 *Julie*	**Legs, Bums & Tums** 11:00 - 12:00 *Su*	
BODYBALANCE 18:30 - 19:30 *Su*		**Power Yoga** 18:30 - 19:30 *Rosie*	**Clubbercise** 19:15 - 20:00 *Donna*	**Pilates** 18:15 - 19:00 *Susan*		
				Ballroom 19:15 - 20:00 *Glen*		

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: Classes are in high demand and require pre-booking. Please cancel your place if you are unable to attend.

Telephone Number: 0191 2575434 ext 303 (Gym)

Opening Hours

Monday - Friday:	7:00am - 8:00pm
Saturday - Sunday:	9:00am - 3:00pm

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

Book your Gym/Classes online: https://ymcagym.clubm.mobi