YMCA **GYM**

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

DIGITAL CLASS TIMETABLE WINTER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Healthy Hearts 10:00-11:00 (pre-recorded) *Donna*	**Cardio Pump** 09:30 - 10:30 (ZOOM) *Donna*	**Legs, Bums & Tums** 9:30 - 10:15 (pre-recorded) *Julie*	**Sculpt & Tone** 09:30 - 10:15 (ZOOM) *Julie*	***Cardio Pump*** 10:00-10:45 (ZOOM) *Eileen*	**Express BODYPUMP** 09:15-10:00 (pre-recorded) *Amy*	**Legs, Bums & Tums** 11:00-12:00 (pre-recorded) *Michele*
Total Body Conditioning 12:00-13:00 (ZOOM) *Donna*	**Gentle Exercise** 11:00 - 12:00 (ZOOM) *Kay*	**Healthy Hearts** 10:00 -11:00 (pre-recorded)	**Gentle Exercise** 11:00 - 12:00 (ZOOM) *Kay*	**Iyengar Yoga** 11:00-12:00 (pre-recorded) *Liz*	**HIIT** 10:15-10:45 (pre-recorded) *Amy*	
FITSTEPS 17:30-18:15 (ZOOM) *Caroline*	**Total Body Workourt** 17:30-18:15 (ZOOM) *Julie*	**Zumba Gold** 12:00 - 12:45 (ZOOM) *Kay*	**BODYPUMP** 18:00-19:00 (ZOOM) *Bex*	**SPRINT** 12:00-12:30 (pre-recorded) *Julie*	**Legs, Bums & Tums** 11:00-12:00 (pre-recorded) *Su*	
SPRINT 18:30-19:00 (pre-recorded) *Julie*	**Boxercise** 18:30-19:15 (pre-recorded) *Eileen*	**Yoga** 13:30 - 14:30 (ZOOM) *Gill*	**Cyclefit** 18:30-19:15 (pre-recorded) *Julie*	**Step & Sculpt** 17:30-18:15 (ZOOM) *Julie*		
BODYBALANCE 18:30-19:30 (ZOOM) *Su*	**Cyclefit** 18:30 - 19:15 (ZOOM) *Julie*	**Legs, Bums & Tums** 17:30 - 18:15 (ZOOM) *Julie*	**Clubbercise** 19:15-20:00 (ZOOM) *Donna*	**Pilates** 18:15-19:00 (ZOOM) *Susan*		
		SPRINT 18:30 - 19:00 (ZOOM) *Julie*				

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. Links are sent to members booked in.

Telephone Number: 0191 2575434 ext 303 (Gym)

Opening Hours

Monday - Friday: 06:30am - 8:00pm

Saturday - Sunday: 9:00am - 3:00pm

Check out our Pre-recorded classes at:

https://ymcagym.co.uk/at-home/

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