YMCA **GYM**

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

CLASS TIMETABLE

Starting w/c 21/2/22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00-07:30 BODYBLAST *Chelsea* **NEW 21/2/22**	**09:30-10:30** Cardio Pump *Donna* **+ ZOOM**	**07:00-07:30** BODYBLAST *Kay*	**07:00-07:30** SPRINT *Julie**	***09:30-10:30*** Cardio Pump *Eileen* **+ ZOOM**	**09:10-09:55** PUMP *Amy* ***NEW TIME***	**09:30-10:30** BODYBALANCE *Su*
09:15-09:45 HIIT Strength *Joanne* **NEW**	**11:00-12:00** Gentle Exercise *Kay*	**10:00-11:00** Healthy Hearts (referral only) *Alison*	**09:30-10:30** Sculpt & Tone *Julie* **+ ZOOM**	**11:00-12:30** Iyengar Yoga *Liz*	**10:00-10:30** Cardio Circuit *Amy*	**10:30-11:30** Legs, Bums & Tums *Michele* **+ ZOOM**
10:00-11:00 Healthy Hearts (referral only) *Donna*	**12:30-13:00** Express Cyclefit *Kay**	**12:00-12:45** Zumba Gold *Kay*	**11:00-12:00** Gentle Exercise *Kay*	**12:30-13:00** SPRINT *Julie**	**10:30-11:00** SPRINT *Julie**	**Ballroom (limited availability)** 14:00-15:00 *Caroline*
12:00-13:00 Total Body Conditioning *Donna* +ZOOM	**17:30-18:15** Total Body Workout *Julie* **+ ZOOM**	**13:00-14:30** Yoga *Gill*	**12:30-13:15** Yogalates *Kay* **+ ZOOM**	**17:15-18:00** Step & Sculpt *Julie* + ZOOM	**10:30-11:30** ***NEW TIME*** Legs, Bums & Tums *Su* **+ ZOOM**	
13:00-14:00 Gentle Exercise *Joanne* **NEW**	**18:30-19:15** Boxercise *John*	**17:15-17:45** SPRINT *Julie**	**17:30-18:00** HIITFIT *John*	**18:15-19:00** Pilates *Susan*	**11:05-11:35** SPRINT *Julie**	
17:30-18:15 FITSTEPS *Caroline*	**18:20-19:05** Cyclefit *Julie** **NEW TIME**	**18:00-18:45** Cardio Mix *Julie* + ZOOM	**17:30-18:15** Cyclefit *Julie** ***NEW TIME***	**19:15-20:15** Ballroom *Glen*		
18:15-18:45 SPRINT *Julie**		**18:00-19:00** Tai-Chi *Rob*	**18:20-19:05** BODYPUMP *Bex*			
18:15-19:00 Multifit ***NEW TIME*** *Su* +ZOOM		***18:45-19:30*** Legs, Bums & Tums *Julie* + ZOOM	**19:15-20:00** Clubbercise *Donna* + ZOOM			
19:00-20:00 BODYBALANCE *Su* **NEW TIME**						

New to Classes?

1. Bring a water bottle and towel
2. Arrive on time to ensure you warm up thoroughly
3. Ensure you remain 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 - Fri:	6:30am - 9:00pm
Sat - Sun:	9:00am - 4:00pm
Bank Holidays:	9:00am - 4:00pm

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

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