



YMCA GYM

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

CLASS TIMETABLE

Valid from w/c 09/01/23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00-07:30 BODYBLAST <i>Chelsea*</i>	09:30-10:30 Cardio Pump <i>Donna</i>	07:00-07:30 BODYBLAST <i>Kay*</i>	07:00-07:30 SPRINT <i>Julie*</i>	09:00-09:30 Stretch <i>Julie*</i> ***NEW CLASS***	09:30-10:15 Weight It Up <i>Julie</i> ***NEW CLASS***	09:30-10:30 BODYBALANCE <i>Su</i>
09:15-09:45 HIIT Strength <i>Joanne</i>	11:00-12:00 Gentle Exercise <i>Kay</i>	09:30-10:00 Express Kettlebells <i>Kay*</i> ***NEW CLASS***	09:30-10:30 Sculpt & Tone <i>Julie</i>	09:30-10:30 Cardio Pump <i>Eileen</i>	10:30-11:00 SPRINT <i>Julie*</i>	10:30-11:30 Legs, Bums & Tums <i>Michele</i>
10:00-11:00 Healthy Hearts (referral only) <i>Donna</i>	12:30-13:00 Express Cyclefit <i>Kay*</i>	10:00-11:00 Healthy Hearts (referral only) <i>Alison</i>	11:00-12:00 Gentle Exercise <i>Kay</i>	11:00-12:30 Iyengar Yoga <i>Liz</i>	10:30-11:30 Legs, Bums & Tums <i>Su</i>	Ballroom (limited availability) 14:00-15:00 <i>Caroline</i>
12:00-13:00 Total Body Conditioning <i>Donna</i>	17:30-18:15 Total Body Workout <i>Julie</i>	12:00-12:45 Zumba Gold <i>Kay</i>	12:30-13:15 Yogalates <i>Kay</i>	12:30-13:00 SPRINT <i>Julie*</i>	11:05-11:35 SPRINT <i>Julie*</i>	
12:30-13:00 starting 30/01/23 Express Cyclefit <i>Sarah*</i> ***NEW CLASS***	18:30-19:15 Boxercise <i>John</i>	13:00-14:30 Yoga <i>Gill</i>	17:30-18:00 HIITFIT <i>John</i>	16:30-17:00 Cyclefit <i>Sarah*</i> ***NEW CLASS***		
13:00-14:00 Gentle Exercise <i>Joanne</i>	18:20-19:05 Cyclefit <i>Julie *</i> **NEW TIME**	17:15-17:45 SPRINT <i>Julie</i>	17:30-18:15 Cyclefit <i>Julie*</i>	17:15-18:00 Sculpt & Tone <i>Michele</i>		
17:30-18:15 FITSTEPS <i>Caroline</i>		18:00-18:45 Cardio Mix <i>Julie</i>	18:20-19:05 BODYPUMP <i>Bex</i>	18:15-19:00 Pilates <i>Rebecca</i>		
18:15-18:45 SPRINT <i>Julie*</i>		18:00-19:00 Tai-Chi <i>Rob</i>	19:15-20:00 Clubbercise <i>Donna</i>	19:15 - 20:15 Ballroom <i>Glen</i>		
18:15-19:00 Cardio Tone <i>Su</i>		18:45-19:30 Legs, Bums & Tums <i>Julie</i>			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 * Class takes place in the Functional Room or Gym. All other classes are in the Main Hall unless stated Outdoor.	
19:00-20:00 BODYBALANCE <i>Su</i>						
Book your class online: https://ymcagym.clubm.mobi						

Express Cyclefit/Cyclefit	A 30/45 minute combination of Sprints, intervals, jumps and heavy climbs. Booking Essential.	Cardio Mix	Energetic and upbeat aerobics class with a great mix of high and low impact moves consisting of combat, step and aerobics.
BodyBlast	A 30 minute early morning circuit class using various pieces of equipment and using cardio and functional strength exercises to work your whole body.	Legs, Bums & Tums	This absolute classic is still a firm favourite - great for keeping in shape.
Yogalates	Enhance both physical & mental wellbeing by combining core focused movements of pilates, flexibility and mindfulness of yoga and the strength building movements of callisthenics.	SPRINT	A unique spin on high-intensity interval training, SPRINT uses the power of pedalling to push your cardiovascular fitness and calorie burn to new heights. This 30-minute HIIT workout achieves fast results. Booking Essential.
Zumba Gold	Perfect for older active adults or those new to exercise, who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. Easy to follow choreography that focuses on balance, range of motion and coordination.	Sculpt and Tone	Total muscle conditioning using weights, body bars and resistance bands to add tone and strength to your physique.
HIIT	A 30 min high intensity, interval training class. A full body workout.	BODYPUMP™	A barbell-based workout specifically designed to help you get lean, toned and fit. It uses a combination of motivating music, fantastic instructors and scientifically proven moves to help you achieve these targets more quickly than you would working out on your own.
Healthy Hearts	A referral based circuit class consisting of an extended warm up and cool down with a variety of stations within the circuit combining cardiovascular and active recovery exercises	Clubbercise®	Clubbercise® is a fun, easy to follow, full-body workout that gets results and suits all fitness levels. Set to 90's club classics and the latest hits, classes are held in a darkened room with disco lights and glow sticks.
Total Body Conditioning	Cardiovascular exercises with easy to follow choreography followed by strength training using weights and resistance bands, with a thorough stretch to finish to lengthen out the muscles used.	Iyengar Yoga	Focuses on structural alignment of the body through postures.
Fitsteps	FitSteps is an energetic, up beat dance fitness class featuring all of your favourite strictly dances. It is designed to give real, measurable fitness results. It is suitable for all ages and abilities and you don't need a partner.	Pilates	Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance, flexibility and on the mind-body connection.
Cardio Tone	Cardio and Toning!	Weight It Up!	Super strength training class using barbells, plates and dumbbells to increase strength. Results are visible in a couple weeks. Booking Essential.
BODYBALANCE™	BODYBALANCE™ is 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.	Stretch	A 30 min class of relaxing stretches to lengthen out your muscles a great end to the week
Cardio Pump	Get your heart rate pumping with this easy to follow aerobics class. Guaranteed fun, with a variety of toning exercises using hand weights and resistance bands.	Gentle Exercises	A gentle mix of aerobics and strength using various resistance equipment with a focus on joint strength, balance and stability.
Boxercise	Boxercise is a fun, challenging and safe workout. Using a variety of circuit stations with typical exercises such as pad work, shuttle runs, skipping, etc. The class is suitable for both men and women of all ages and abilities.	Ballroom	
Total Body Workout	High intensity class with a mix of Cardio, Step and HIIT training and weights to ensure a full body workout.		
Kettlebells	Fast results in terms of core training and fat burning - notice a difference in just a few sessions!		
Yoga	Standing, seating balancing postures to develop long lasting muscular strength, posture and flexibility and breathwork techniques.		