



**YMCA GYM**

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

# CLASS TIMETABLE

Valid from w/c 12/02/24

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>07:00-07:30</b> BODYBLAST <i>Steve</i> ***NEW INSTRUCTOR***	<b>09:30-10:30</b> Cardio Pump <i>Donna</i>	<b>07:00-07:30</b> BODYBLAST <i>Kay*</i>	<b>07:00-07:30</b> SPRINT <i>Julie+</i>	<b>07:00-07:30</b> SPRINT <i>Julie+</i>	<b>09:30-10:15</b> Weight It Up! <i>Julie</i>	<b>09:30-10:30</b> BODYBALANCE <i>Su</i>
<b>09:15-09:45</b> HIIT Strength <i>Steve</i> ***NEW INSTRUCTOR***	<b>11:00-12:00</b> Gentle Exercise <i>Kay</i>	<b>09:30-10:00</b> Express Kettlebells <i>Kay*</i>	<b>09:30-10:30</b> Sculpt & Tone <i>Julie</i>	<b>09:00- 09:30</b> Stretch <i>Julie*</i>	<b>10:30-11:00</b> SPRINT <i>Julie+</i>	<b>10:30-11:30</b> 20-20-20 Strong <i>Michele</i> ***NEW CLASS***
<b>10:00-11:00</b> Healthy Hearts (referral only) <i>Donna</i>	<b>12:30-13:00</b> Express Cyclefit <i>Kay+</i>	<b>10:00-11:00</b> Healthy Hearts (referral only) <i>Alison</i>	<b>11:00-12:00</b> Gentle Exercise <i>Kay</i>	<b>09:30-10:30</b> Strong to the Core <i>Eileen</i> ***NEW CLASS***	<b>10:30-11:30</b> Legs, Bums & Tums <i>Su</i>	<b>Ballroom (limited availability)</b> 14:00-15:00 <i>Caroline</i>
<b>12:00-13:00</b> Total Body Conditioning <i>Donna</i>	<b>17:30-18:15</b> Total Body Workout <i>Julie</i>	<b>12:00-12:45</b> Zumba Gold <i>Kay</i>	<b>12:30-13:15</b> Yogalates <i>Kay</i>	<b>11:00-12:30</b> Iyengar Yoga <i>Liz</i>	<b>11:05-11:35</b> SPRINT <i>Julie+</i>	
<b>12:30-13:00</b> Cyclefit 30 <i>Sarah+</i>	<b>18:30-19:15</b> Boxercise <i>John</i>	<b>12:30-13:00</b> Cyclefit 30 (Starting 15/01/24) <i>Sarah+</i> ***NEW CLASS***	<b>12:00-12:30</b> Cyclefit 30 <i>Sarah+</i>	<b>12:30-13:00</b> SPRINT <i>Julie+</i>		
<b>13:00-14:00</b> Gentle Exercise <i>Eileen</i>	<b>18:20-19:05</b> Cyclefit <i>Julie +</i>	<b>13:00-14:30</b> Yoga <i>Gill</i>	<b>17:30-18:00</b> HIITFIT <i>John</i>	<b>16:30-17:00</b> Cyclefit 30 <i>Sarah*</i>		
<b>17:30-18:15</b> FITSTEPS <i>Caroline</i>		<b>17:15-17:45</b> SPRINT <i>Julie+</i>	<b>17:30-18:15</b> Cyclefit <i>Julie+</i>	<b>17:15-18:00</b> F-ab Fitness Friday <i>Michele</i> ***NEW CLASS***		
<b>17:30-18:00</b> Cyclefit 30 (Starting 15/01/24) <i>Sarah+</i> ***NEW CLASS***		<b>18:00-18:45</b> Weight It Up! <i>Julie</i> ***NEW CLASS***	<b>18:15-19:00</b> BODYPUMP <i>Bex</i>	<b>19:15-20:15</b> Ballroom <i>Glen</i>		
<b>18:15-18:45</b> SPRINT <i>Julie+</i>		<b>18:00-19:00</b> Tai-Chi <i>Rob</i>	<b>19:15-20:00</b> Clubbercise <i>Donna</i>		<p><b>New to Classes?</b></p> <ol style="list-style-type: none"> <li>1. Bring a water bottle and towel</li> <li>2. Arrive on time to ensure you warm up thoroughly</li> <li>3. Ensure you remain the entire duration of the class</li> </ol> <p><b>Please Note: Some classes are in high demand and require pre-booking. Contact us for details.</b></p> <p><b>Opening Hours</b></p> <p>Mon - Fri: 6:30am - 9:00pm Sat - Sun: 9:00am - 4:00pm Bank Holidays: 9:00am - 4:00pm</p> <p><small>* Class takes place in the Functional Room or Gym. + Cycling Classes in New Cycle Studio. All other classes are in the Main Hall unless stated Outdoor. ** Tynemouth Longsands, beside Crusoes (April - Sept only)</small></p>	
<b>18:15-19:00</b> Cardio Tone <i>Su</i>		<b>18:45-19:30</b> Legs, Bums & Tums <i>Julie</i>				
<b>19:00-20:00</b> BODYBALANCE <i>Su</i>		<b>19:30-20:30</b> Vinyasa Yoga <i>Chelsea</i>				
<p><b>Book your class online:</b> <a href="https://ymcagym.clubm.mobi">https://ymcagym.clubm.mobi</a></p>						

<b>Express Cyclefit/Cyclefit</b>	A 30/45 minute combination of Sprints, intervals, jumps and heavy climbs. Booking Essential.	<b>20-20-20 Strong</b>	20 mins cardio, 20 mins strength training and 20 mins core and stretching. A great class to target all of the major muscle groups.
<b>BodyBlast</b>	A 30 minute early morning circuit class using various pieces of equipment and using cardio and functional strength exercises to work your whole body.	<b>Legs, Bums &amp; Tums</b>	This absolute classic is still a firm favourite - great for keeping in shape.
<b>Yogalates</b>	Enhance both physical & mental wellbeing by combining core focused movements of pilates, flexibility and mindfulness of yoga and the strength building movements of callisthenics.	<b>SPRINT</b>	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.
<b>Zumba Gold</b>	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.	<b>F-ab Fitness Friday</b>	A great Friday class to kick start your weekend, concentrating on core strength movements to tone and strengthen your mid section.
<b>HIIT</b>	A 30 min high intensity, interval training class. A full body workout.	<b>BODYPUMP™</b>	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.
<b>Healthy Hearts</b>	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	<b>Clubbercise®</b>	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.
<b>Total Body Conditioning</b>	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.	<b>Iyengar Yoga</b>	Focuses on structural alignment of the body through postures.
<b>Fitsteps</b>	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.	<b>Pilates</b>	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.
<b>Cardio Tone</b>	Cardio and Toning!	<b>Weight It Up!</b>	Super strength training class using barbells, plates and dumbbells to increase strength. Results are visible in a couple weeks. Booking Essential.
<b>BODYBALANCE™</b>	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.	<b>Stretch</b>	A 30 min class of relaxing stretches to lengthen out your muscles a great end to the week
<b>Cardio Pump</b>	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.	<b>Gentle Exercises</b>	A gentle mix of aerobics and strength using various resistance equipment with a focus on joint strength, balance and stability.
<b>Boxercise</b>	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.	<b>Strong to the Core</b>	A dynamic core toning workout.
<b>Total Body Workout</b>	High intensity class with a mix of Cardio, Step and HIIT training and weights to ensure a full body workout.	<b>Ballroom</b>	A dance based class, learning to waltz, cha cha cha and merengue to more modern music. No partner needed or previous experience.
<b>Kettlebells</b>	Fast results in terms of core training and fat burning - notice a difference in just a few sessions!		
<b>Yoga</b>	Standing, seating balancing postures to develop long lasting muscular strength, posture and flexibility and breathwork techniques.		