



YMCA GYM

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

CLASS TIMETABLE

Valid from June '24

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00-07:30 BODYBLAST <i>Steve ***NEW INSTRUCTOR***</i>	09:30-10:30 Cardio Pump <i>Donna</i>	06:15-07:00 ***NEW** Beach Boot Camp <i>John (Tynemouth Longsands)</i>	07:00-07:30 SPRINT <i>Julie+</i>	07:00-07:30 SPRINT <i>Julie+</i>	09:15-10:15 Cyclefit 60 (extended time) <i>Flo+ ***NEW CLASS/INSTRUCTOR***</i>	09:30-10:30 BODYBALANCE <i>Su</i>
09:15-09:45 HIIT Strength <i>Steve ***NEW INSTRUCTOR***</i>	11:00-12:00 Gentle Exercise <i>Kay</i>	07:00-07:30 BODYBLAST <i>Kay*</i>	09:30-10:30 Sculpt & Tone <i>Julie</i>	09:00- 09:30 Stretch <i>Julie*</i>	09:30-10:15 Weight It Up! <i>Julie</i>	10:30-11:30 20-20-20 Strong <i>Michele ***NEW CLASS***</i>
10:00-11:00 Healthy Hearts (referral only) <i>Donna</i>	12:30-13:00 Express Cyclefit <i>Kay+</i>	09:30-10:00 Express Kettlebells <i>Kay *</i>	11:00-12:00 Gentle Exercise <i>Kay</i>	09:30-10:30 Strong to the Core <i>Eileen ***NEW CLASS***</i>	10:30-11:00 SPRINT <i>Julie +</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>	10:00-11:00 Healthy Hearts (referral only) <i>Alison</i>	12:30-13:15 Yogalates <i>Kay</i>	11:00-12:30 Iyengar Yoga <i>Liz</i>	10:30-11:30 Legs, Bums & Tums <i>Su</i>	
12:30-13:00 Cyclefit 30 <i>Sarah+</i>	17:30-18:15 Pilates (starting 26/03/24) <i>Rebecca ***NEW CLASS***</i>	12:00-12:45 Zumba Gold <i>Kay</i>	12:00-12:30 Cyclefit 30 <i>Sarah+</i>	12:30-13:00 SPRINT <i>Julie+</i>	11:05 - 11:35 SPRINT <i>Julie+</i>	
13:00-14:00 Gentle Exercise <i>Eileen</i>	18:30-19:15 Booxercise <i>John</i>	12:30-13:00 Cyclefit 30 <i>Sarah +</i>	17:30-18:00 HIITFIT <i>John</i>	16:30-17:00 Cyclefit 30 <i>Sarah*</i>		
17:30-18:15 FITSTEPS <i>Caroline</i>	18:20-19:05 Cyclefit <i>Julie +</i>	13:00-14:30 Kundalini Yoga & Breathwork <i>Gill</i>	17:30-18:15 Cyclefit <i>Julie+</i>	17:15-18:00 F-ab Fitness Friday <i>Michele ***NEW CLASS***</i>		
17:30-18:00 Cyclefit 30 (Starting 15/01/24) <i>Sarah+ ***NEW CLASS***</i>	19:15-20:00 Cyclefit 45 (starting 9/04/24) <i>Flo+ ***NEW CLASS/INSTRUCTOR**</i>	17:15-17:45 SPRINT <i>Julie +</i>	18:00-18:45 Pilates (starting 6/06/24) <i>Lynsey ***NEW CLASS***</i>	19:15-20:15 Dance ***NEW FORMAT*** <i>Glen</i>		
18:15-18:45 SPRINT <i>Julie+</i>		18:00-18:45 Weight It Up! <i>Julie ***NEW CLASS***</i>	18:15-19:00 BODYPUMP <i>Bex</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. + Cycling Classes in New Cycle Studio. All other classes are in the Main Hall unless stated Outdoor. ** Tynemouth Longsands, beside Crusoes (April - Sept only)	
18:15-19:00 Cardio Tone <i>Su</i>		18:00-19:00 Tai-Chi <i>Rob</i>	19:15-20:00 Clubercise <i>Donna</i>			
19:00-20:00 BODYBALANCE <i>Su</i>		18:45-19:30 Legs, Bums & Tums <i>Julie</i>				
		19:15-20:15 Vinyasa Yoga ***NEW TIME*** <i>Chelsea</i>				
Book your class online: https://ymcagym.clubm.mobi						