



**YMCA GYM**

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

# CLASS TIMETABLE

Valid from August '24

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>07:00-07:30</b> BODYBLAST <i>Steve</i>	<b>09:30-10:30</b> Cardio Pump <i>Donna</i>	<b>06:15-07:00</b> Beach Boot Camp <i>John (Tynemouth Longsands)</i>	<b>07:00-07:30</b> SPRINT <i>Julie+</i>	<b>07:00-07:30</b> SPRINT <i>Julie+</i>	<b>09:15-10:15</b> Cyclefit 60 (extended time) <i>Flo+</i>	<b>09:30-10:30</b> BODYBALANCE <i>Su</i>
<b>09:15-09:45</b> HIIT Strength <i>Steve</i>	<b>11:00-12:00</b> Gentle Exercise <i>Kay</i>	<b>07:00-07:30</b> BODYBLAST <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>09:30-10:15</b> Weight It Up! <i>Julie</i>	<b>10:30-11:30</b> 20-20-20 Strong <i>Michele</i>
<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>09:30-10:00</b> Express Kettlebells <i>Kay *</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>	<b>10:30-11:00</b> SPRINT <i>Julie +</i>	<b>Ballroom (limited availability)</b> 14:00-15:00 <i>Caroline</i>
<b>11:00-12:00 ***NEW TIME***</b> Gentle Exercise <b>Eileen (starting 5th August)</b>	<b>17:30-18:15</b> Total Body Workout <i>Julie</i>	<b>10:00-11:00</b> Healthy Hearts (referral only) <i>Alison</i>	<b>12:30-13:15</b> Yogalates <i>Kay</i>	<b>11:00-12:30</b> Iyengar Yoga <i>Liz</i>	<b>10:30-11:30</b> Legs, Bums & Tums <i>Su</i>	
<b>12:00-13:00</b> Total Body Conditioning <i>Donna</i>	<b>17:30-18:15</b> Pilates <i>Rebecca</i>	<b>12:00-12:45</b> Zumba Gold <i>Kay</i>	<b>12:00-12:30</b> Cyclefit 30 <i>Sarah+</i>	<b>12:30-13:00</b> SPRINT <i>Julie+</i>	<b>11:05 - 11:35</b> SPRINT <i>Julie+</i>	
<b>12:30-13:00</b> SPRINT <i>Michele+</i>	<b>18:30-19:15</b> Booxercise <i>John</i>	<b>12:30-13:00</b> Cyclefit 30 <i>Sarah +</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>18:20-19:05</b> Cyclefit <i>Julie +</i>	<b>13:00-14:30</b> Kundalini Yoga & Breathwork <i>Gill</i>	<b>17:30-18:15</b> Cyclefit <i>Julie+</i>	<b>17:15-18:00</b> F-ab Fitness Friday <i>Michele</i>		
<b>17:30-18:00</b> Cyclefit 30 <i>Sarah+</i>	<b>19:15-20:00</b> Cyclefit 45 <i>Flo+</i>	<b>17:15-17:45</b> SPRINT <i>Julie +</i>	<b>18:00-18:45</b> Pilates <i>Lynsey</i>	<b>19:15-20:15</b> Dance ***NEW FORMAT*** <i>Glen</i>		
<b>18:15-18:45</b> SPRINT <i>Julie+</i>		<b>18:00-18:45</b> Weight It Up! <i>Julie</i>	<b>18:15-19:00</b> BODYPUMP <i>Bex</i>		<b>New to Classes?</b> 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  <b>Please Note: Some classes are in high demand and require pre-booking. Contact us for details.</b>  <b>Opening Hours</b> 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)	
<b>18:15-19:00</b> Cardio Tone <i>Su</i>		<b>18:00-19:00</b> Tai-Chi <i>Rob</i>	<b>19:15-20:00</b> Clubercise <i>Donna</i>			
<b>19:00-20:00</b> BODYBALANCE <i>Su</i>		<b>18:45-19:30</b> Legs, Bums & Tums <i>Julie</i>				
		<b>19:15-20:15</b> Vinyasa Yoga <i>Chelsea</i>				
<b>Book your class online:</b> <a href="https://ymcagym.clubm.mobi">https://ymcagym.clubm.mobi</a>						