



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

CLASS TIMETABLE

Valid from w/c 27th Jan '25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00-07:30 BODYBLAST Steve	09:30-10:30 Cardio Pump Donna	07:00 - 07:30 BODYBLAST Kay*	07:00-07:30 SPRINT Julie+	07:00-07:30 SPRINT Julie+	09:15-10:15 Cyclefit 60 (extended time) Flo+	09:30-10:30 BODYBALANCE Su
09:15-09:45 HIIT Strength Steve	11:00-12:00 Gentle Exercise Kay	09:30-10:00 Express Kettlebells Kay*	09:30-10:30 Sculpt & Tone Julie	09:00- 09:30 Stretch Julie*	09:30-10:15 Weight It Up! Julie	10:30-11:30 20-20-20 Strong
10:00-11:00 Healthy Hearts (referral only) Donna	12:30-13:00 Express Cyclefit Kay+	10:00-11:00 Healthy Hearts (referral only) Alison	11:00-12:00 Gentle Exercise Kay	09:30-10:30 Strong to the Core Eileen	10:30-11:00 SPRINT Julie +	Ballroom (limited availability) 14:00-15:00 Caroline
11:00-12:00 Gentle Exercise Eileen	17:30-18:15 Total Body Workout Julie	12:00-12:45 Zumba Gold Kay	12:30-13:15 Yogalates Kay	10:30-12:00 Iyengar Yoga Liz	10:30-11:30 Legs, Bums & Tums Su	
12:00-13:00 Total Body Conditioning Donna	16:30-17:15 **NEW** Pilates Rebecca	12:30-13:00 Cyclefit 30 Sarah +	12:00-12:30 Cyclefit 30 Sarah+	12:30-13:00 SPRINT Julie+	11:05 - 11:35 SPRINT Julie+	
12:30-13:00 Cyclefit 30 Eileen+ **NEW INSTRUCTOR**	17:30-18:15 Pilates Rebecca	13:00-14:30 Kundalini Yoga & Breathwork Gill	17:30-18:00 HIITFIT John	16:30-17:00 Cyclefit 30 Sarah*		
17:30-18:15 FITSTEPS Caroline	18:30-19:15 Boxercise John	16:00-16:45 **NEW** Absolute Beginners Weights Steve	17:30-18:15 Cyclefit Julie+	17:15-18:00 **NEW** Pilates Kay		
17:30-18:00 Cyclefit 30 Sarah+	18:20-19:05 Cyclefit Julie+	17:00-17:45 **NEW** Zumba Karl	18:00-18:45 Pilates Lynsey	19:15-20:15 Dance ***NEW FORMAT*** Glen		
18:15-18:45 SPRINT Julie+		17:15-17:45 SPRINT Julie +	18:15-19:00 BODYPUMP Bex			
18:15-19:00 Cardio Tone Su		17:30-18:15 **NEW** Kettlebells Steve	19:15-20:00 Clubbercise Donna			
19:00-20:00 BODYBALANCE Su		18:00-18:45 Weight It Up! Julie				
		18:00-19:00 Tai-Chi Rob				
		18:45-19:30 Legs, Bums & Tums Julie				
		19:15-20:15 Vinyasa Yoga Chelsea				

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

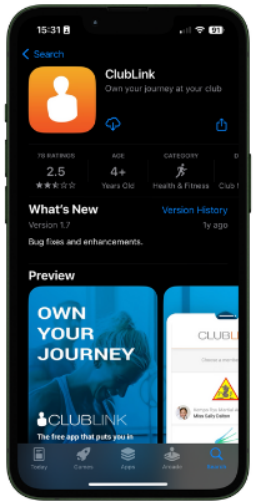
Please Note: Some classes are in high demand and require pre-booking. Contact us for details.

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)

Ballroom	A dance based class, learning to waltz, cha cha cha and merengue to more modern music. No partner needed or previous experience.	Kundalini Yoga & Breathwork	Standing, seating balancing postures to develop long lasting muscular strength, posture and flexibility and breathwork techniques. Kundalini yoga is a form of yoga that involves chanting, singing, breathing exercises, and repetitive poses.
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.	Legs, Bums & Tums	This absolute classic is still a firm favourite - great for keeping in shape.
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.	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.
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.	Sculpt & Tone	Total muscle conditioning using weights, body bars and resistance bands to add tone and strength to your physique.
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.	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.
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.	Stretch	A 30 min class of relaxing stretches to lengthen out your muscles a great end to the week
Cardio Tone	Cardio and Toning!	Strong to the Core	A dynamic core toning workout.
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.	Tai-Chi	Tai chi is a Chinese practice that combines meditation, breathing exercises, and slow, gentle movements. It originated as a martial art, but has since become more focused on health and rehabilitation.
Cyclefit (Reg, 30, 45, 60)	30/45 minute combination of Sprints, intervals, jumps and heavy climbs. Booking Essential.	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.
Dance	A Friday night staple with choreography to the latest chart hits from around the world. All abilities welcome.	Total Body Workout	High intensity class with a mix of Cardio, Step and HIIT training and weights to ensure a full body workout.
F-ab Fitness Fridays	A great Friday class to kick start your weekend, concentrating on core strength movements to tone and strengthen your mid section.	U18 Weight Lifting Class	Focusing on basic lifting techniques and accompanying body weight exercises, this class will teach Uner 18's how to lift confidently and safely.
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.	Vinyasa Yoga	This class focusses on a dynamic style of yoga that involves linking poses together in a flowing sequence, synchronized with the breath.
Gentle Exercise	A gentle mix of aerobics and strength using various resistance equipment with a focus on joint strength, balance and stability.	Weight It Up!	Super strength training class using barbells, plates and dumbbells to increase strength. Results are visible in a couple weeks. Booking Essential.
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	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.
HIITFIT & HIIT Strength	A 30 min high intensity, interval training class. A full body workout.	Zumba	Combines Latin and international music with dynamic dance moves that will get your heart pumping.
Iyengar Yoga	Focuses on structural alignment of the body through postures.	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.
Kettlebells (inc. Express)	Fast results in terms of core training and fat burning - notice a difference in just a few sessions!	20-20-20 Strong	20 mins cardio, 20 mins strength training and 20 mins core and stretching.A great class to target all of the major muscle groups.



Class Booking System

Download the ClubLink app from the Apple App Store or the Google Play Store.

Please note, cancellation within 24 hours of the class taking place must be done via phone - the app will not let you.

