



YMCA GYM

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

CLASS TIMETABLE

WINTER/SPRING 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:15-09:45 HIIT <i>Joanne</i> **NEW**	09:30-10:30 Cardio Pump <i>Donna</i> + ZOOM	07:00-07:30 BODYBLAST <i>Kay</i> *	07:00-07:30 SPRINT <i>Julie</i> *	09:30-10:30 Cardio Pump <i>Eileen</i> + ZOOM	09:00-09:45 PUMP <i>Amy</i>	09:30-10:30 BODYBALANCE <i>Su</i>
10:00-11:00 Healthy Hearts (referral only) <i>Donna</i>	11:00-12:00 Gentle Exercise <i>Kay</i>	10:00-11:00 Healthy Hearts (referral only) <i>Alison</i>	09:30-10:15 Sculpt & Tone <i>Julie</i> + ZOOM	11:00-12:30 Iyengar Yoga <i>Liz</i>	10:00-10:30 Cardio Circuit <i>Amy</i> **NEW**	10:30-11:30 Legs, Bums & Tums <i>Michele</i> + ZOOM
12:00-13:00 Total Body Conditioning <i>Donna</i> +ZOOM	12:30-13:00 Express Cyclefit <i>Kay</i> *	12:00-12:45 Zumba Gold <i>Kay</i>	11:00-12:00 Gentle Exercise <i>Kay</i>	12:30-13:00 SPRINT <i>Julie</i> *	10:30-11:00 SPRINT <i>Julie</i> *	Ballroom (limited availability) 14:00-15:00 <i>Caroline</i>
13:00-14:00 Gentle Exercise <i>Joanne</i> **NEW**	17:30-18:15 Total Body Workout <i>Julie</i> + ZOOM	13:00-14:30 Yoga <i>Gill</i>	12:30-13:15 Yogalates <i>Kay</i> + ZOOM	17:15-18:00 Step & Sculpt <i>Julie</i> + ZOOM	11:00-12:00 Legs, Bums & Tums <i>Su</i> + ZOOM	
17:30-18:15 FITSTEPS <i>Caroline</i>	18:30-19:15 Boxercise <i>John</i>	17:15-17:45 SPRINT <i>Julie</i> *	17:30-18:00 HIITFIT <i>John</i> **NEW**	18:15-19:00 Pilates <i>Susan</i>	11:05-11:35 SPRINT <i>Julie</i> *	
18:15-18:45 SPRINT <i>Julie</i> *	18:30-19:15 Cyclefit <i>Julie</i> *	18:00-18:45 Cardio Mix <i>Julie</i> + ZOOM	17:30-18:15 Cyclefit <i>Julie</i> * **NEW TIME**	19:15-20:15 Ballroom <i>Glen</i>		
18:30-19:15 Multifit <i>Su</i> +ZOOM		18:00-19:00 Tai-Chi <i>Rob</i>	18:20-19:05 BODYPUMP <i>Bex</i>			
19:30-21:15 BODYBALANCE <i>Su</i>		18:45-19:30 Legs, Bums & Tums <i>Julie</i> + ZOOM	19:15-20:00 Clubbercise <i>Donna</i> + ZOOM			
					<p>New to Classes?</p> <ol style="list-style-type: none"> 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 <p>Please Note: Some classes are in high demand and require pre-booking. Contact us for details.</p> <p>Opening Hours</p> <p>Mon - Fri: 6:30am - 9:00pm Sat - Sun: 9:00am - 4:00pm Bank Holidays: 9:00am - 4:00pm</p>	
<p>Book your class online: https://ymcagym.clubm.mobi</p>			<p>* Class takes place in the Functional Room or Gym. All other classes are in the Main Hall unless stated Outdoor.</p>			