



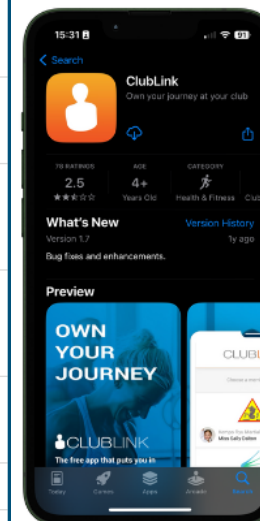
**YMCA GYM**  
 Fantastic gym facilities at the heart of your community. Part of YMCA North Tyneside

# CLASS TIMETABLE

Valid from w/c 04/02/2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>07:00-07:30 **NEW**</b> ROXBLAST Steve *	<b>07:00-07:30 **NEW**</b> Bodyblast Steve *	<b>07:00-07:30</b> Tabata Kay *	<b>07:00-07:30</b> SPRINT Julie +	<b>07:00-07:30</b> SPRINT Julie +	<b>09:15-10:15</b> Cyclefit 60 Flo +	<b>09:30-10:30</b> BODYBALANCE Su
<b>09:15-09:45</b> HIIT Strength Steve	<b>09:15-10:00 **NEW**</b> Pilates Mark	<b>09:15-10:00</b> Pilates Lynsey	<b>09:30-10:15 **NEW**</b> ROXBLAST Sarah *	<b>09:00-09:30</b> Stretch Julie	<b>09:30-10:15</b> Weight It Up! Julie	<b>Boxercise</b> 10:30-11:30 Ano
<b>09:15-10:00</b> Pilates Mark	<b>09:30-10:30</b> Cardio Pump Kay <b>**NEW INSTRUCTOR**</b>	<b>09:30-10:00</b> Express kettlebells Kay *	<b>09:30-10:30</b> Sculpt & Tone Julie	<b>09:30-10:30</b> Strong to the Core Eileen	<b>10:30-11:00</b> SPRINT Julie +	<b>Ballroom (limited availability)</b> 14:00-15:00 Caroline
<b>10:00-11:00</b> Healthy Hearts (referral only)	<b>11:00-12:00</b> Gentle Exercise Kay	<b>10:00-11:00</b> Healthy Hearts (referral only)	<b>11:00-12:00</b> Gentle Exercise Kay	<b>10:45-12:15</b> Iyengar Yoga Liz	<b>10:30-11:30</b> Legs, Bums & Tums Su	
<b>11:00-12:00</b> Fun Fitness Eileen	<b>12:00-13:00</b> Cyclefit 30 Eileen <b>**NEW INSTRUCTOR**</b>	<b>12:00-12:45</b> Zumba Gold Kay	<b>12:30-13:15</b> Yogalates Kay	<b>12:30-13:00</b> SPRINT Julie +	<b>11:05 - 11:35</b> SPRINT Julie +	
<b>12:00-13:00</b> Total Body Conditioning Julie <b>** NEW INSTRUCTOR **</b>	<b>17:30-18:15</b> Total Body Workout Julie	<b>12:30-13:00</b> Cyclefit 30 Sarah +	<b>12:00-12:30</b> Cyclefit 30 Sarah +	<b>16:30-17:00</b> Cyclefit 30 Sarah+		
<b>12:30-13:00</b> Cyclefit 30 Eileen +	<b>16:30-17:15</b> Pilates Rebecca	<b>13:00-14:30</b> Kundalini Yoga & Breathwork Gill	<b>16:30-17:00</b> Stretch Sarah	<b>17:15-18:00</b> Pilates Kay		
<b>17:00-17:45 **NEW**</b> ROXBLAST Sarah *	<b>17:30-18:15</b> Pilates Rebecca	<b>16:00 16:45</b> Absolute Beginners Weights Steve	<b>17:30-18:00</b> HIITFIT	<b>19:00-20:00</b> Dance <b>***NEW FORMAT***</b> Glen		
<b>17:30-18:15</b> FITSTEPS Caroline	<b>18:30-19:15</b> Boxercise Ano <b>**NEW INSTRUCTOR**</b>	<b>17:15-17:45</b> SPRINT Julie +	<b>17:30-18:15</b> Cyclefit Julie +			
<b>17:30-18:00</b> SPRINT <b>*NEW TIME*</b> Julie +	<b>18:20-19:05</b> Cyclefit Julie +	<b>17:30-18:15</b> Kettlebells Steve *	<b>18:00-18:45</b> Pilates Lynsey		<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>18:15-18:45</b> CYCLEFIT 30 <b>*NEW TIME*</b> Sarah +		<b>18:00-18:45</b> Weight it up! Julie	<b>18:15-19:00</b> BODYPUMP Bex			
<b>18:15-19:00</b> Cardio Tone Zoe		<b>18:00-19:00</b> Tai-Chi Rob	<b>19:15-20:00</b> Clubbercise Donna			
<b>19:00-20:00</b> BODYBALANCE Su		<b>18:45-19:30</b> Legs, Bums & Tums Julie			<b>Opening Hours - Tel: 0191 2575434</b> Mon - Fri: 6:30am - 9:00pm Sat - Sun: 8:00am - 4:00pm Bank Holidays: 9:00am - 4:00pm (*) Class takes place in the Functional Room or Gym. (+) Cycling Classes in New Cycle Studio. Yoga/Stretch/Pilates classes in the Yoga Studio. All other classes are in the Main Hall.	
<b>19:00-19:30</b> Foam Rolling Sarah		<b>19:15-20:15</b> Vinyasa Yoga Chelsea				

<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>Kundalini Yoga &amp; Breathwork</b>	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.
<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>Legs, Bums &amp; Tums</b>	This absolute classic is still a firm favourite - great for keeping in shape.
<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>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>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>Sculpt &amp; Tone</b>	Total muscle conditioning using weights, body bars and resistance bands to add tone and strength to your physique.
<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>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>Cardio Pump/ Cardio Tone</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>Stretch</b>	A 30 min class of relaxing stretches to lengthen out your muscles a great end to the week
<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>Strong to the Core</b>	A dynamic core toning workout.
<b>Cyclefit (Reg, 30, 45, 60)</b>	30/45 minute combination of Sprints, intervals, jumps and heavy climbs. Booking Essential.	<b>Tai-Chi</b>	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.
<b>Dance</b>	A Friday night staple with choreography to the latest chart hits from around the world. All abilities welcome.	<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>Foam Rolling</b>	Recover, release and reset. This guided session uses foam rollers to ease tight muscles, boost flexibility and improve mobility. The perfect way to unwind after a tough workout or prepare your body for the week ahead.	<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>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>Absolutely Anyone Weights</b>	New to strength training? Start here! Learn the basics of lifting safely and confidently with expert guidance. Build strength, improve posture and discover how to make weights part of your routine- no experience needed.
<b>Gentle Exercise</b>	A gentle mix of aerobics and strength using various resistance equipment with a focus on joint strength, balance and stability.	<b>Vinyasa Yoga</b>	This class focusses on a dynamic style of yoga that involves linking poses together in a flowing sequence, synchronized with the breath.
<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>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>HIITFIT &amp; HIIT Strength</b>	A 30 min high intensity, interval training class. A full body workout.	<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>Iyengar Yoga</b>	Focuses on structural alignment of the body through postures.	<b>Zumba</b>	Combines Latin and international music with dynamic dance moves that will get your heart pumping.
<b>Kettlebells (inc. Express)</b>	Fast results in terms of core training and fat burning - notice a difference in just a few sessions!	<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>Tabata</b>	Push your limits with this high intensity workout! 4 minute rounds using 20-second bursts of effort followed by 10 seconds of rest, you'll challenge your strength, speed and stamina. Quick, sweaty, and effective- all fitness levels welcome!



### 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.

