

Spin:

Indoor cycling that improves cardiovascular health, helps in weight loss and improves lower body muscle tone.

Medium-High Intensity

Muscle Sculpt:

Improve muscle tone, excellent for weight loss and increasing bone density.

Medium-High Intensity

Power Play:

Improve fitness, strength and power with circuit style exercises, tasks and games!

Medium-High Intensity

Cardio 3:

For all levels of ability- A mix of floor exercises and any cardio machine of your choice. Full of support and fun!

Low-Medium Intensity

Re-Flex:

RE-move stress, RE-lax and improve your FLEX-ibility through traditional stretches.

Low Intensity

Never2old:

Designed for the young at heart, structured to give seniors back their independence through fitness and wellbeing exercises.

Pilates:

Improves flexibility and core strength. Enhances your overall muscle tone, posture and mental awareness.

Low-Medium Intensity

Yoga:

Increase flexibility and posture, great immunity boost and help stress management and relaxation.

Low-Medium Intensity

Community Fit:

A group class for individuals within community care – Every session you will learn something new, Koha for casual participants.

Box and Burn:

Partner boxing class using gloves and pads. Improves cardiovascular health, muscle tone and coordination.

Medium-High Intensity

Learn 2 Box:

Focus on learning boxing techniques to cater to those who want to learn how to box.

Medium Intensity

Academy Boxing:

Join the YMCA Boxing Academy and learn how to fight your way into the corporate world.

High Intensity

MetaFit:

Change your resting metabolism; work big muscle groups with simple choreographed, high intensity interval training. *High Intensity*

Generator:

Find and motivate yourself with Gene! Make new friends, challenge yourself & improve your health in this mixed cardio/circuit class. *High Intensity*

Ab-Blast:

Improve your core and strengthen those abdominals. A short but very to the point class. No coordination needed! *Medium-High Intensity*



GROUP

EXERCISE

TIMETABLE

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	Spin <i>with Gene</i> 6am	Box and Burn <i>with Jeff</i> 6am	Generator <i>with Gene</i> 6am	Box and Burn <i>with Jeff</i> 6am	Re-Flex 6.15am Express Spin 7am <i>with Rei</i>		
Mid Morning	Pilates 9am <i>with Mary</i> Community Fit 11.30am <i>with Jeff</i>	Power Play <i>with Rei</i> 9am Never2old 11am	Muscle Sculpt <i>with Rei</i> 9am	Re-Flex 9am Never2old 11am <i>with Rei</i>		Cardio 3 <i>with Gene</i> 10am	Yoga 9am Yoga 10am <i>with Mary</i>
Afternoon	Box and Burn 5.30pm <i>with Jeff</i> Power Spin 5.30pm <i>with Rei</i>		Yoga 5pm Learn 2 Box 5.30pm	Pilates 5.30pm			
Evening	Academy Boxing <i>with Jeff</i> 6.30pm	METAFIT <i>with Rei</i> 6pm	Cardio 3 <i>with Graeme</i> 6pm Academy Boxing <i>with Jeff</i> 6.30pm		Academy Boxing <i>with Jeff</i> 6.30pm		
Late Evening	Ab Blast <i>with Rei</i> 6.45pm						