



SPRING 2010 commences Monday 1st March

Monday	Class	Instructor
07.45-08.30	Circuit	Ash
12:30-13:30	Spin	Seb
18.00-18.45	Advanced Step	Jonni H
18:45-19.30	Power Maxx	Jonni H
19.30-20:30	Yoga	Kevin

Thursday	Class	Instructor
07:45-08:30	Power Stretch	Ash
12:30 -13.15	Spin	Ash
13:30 -14.00	LBT	Jonni H
18.00-18.45	Old School Aerobics	TBC
18.45 – 19.30	Power Maxx	Jonni H

Tuesday	Class	Instructor
07:30-08.15	Spin	Ash
12.30 -13.15	Box Fit	Seb
13.15 -14.00	Yoga	Martine
18.00 – 18.45	BootCamp	Glen
18.45 -2045	Pole Dance Courses	Check website for dates

Friday	Class	Instructor
07.45-0830	Pilates	TBC
12.30-13.15	Old School Aerobics	Jonni H
13.15-14.00	Power Stretch	Ash

Wednesday	Class	Instructor
07.45 -08.30	Aerobics	Carol
12.30-13.15	Old School Circuit	TBC
13.15-14.00	Pilates	Paula
18.00 – 18.45	Spin & Abs	Veronica
19.00 – 20.00	Yoga	Ruth
20.00 – 21.30	Karate	Open to YMCA members

Saturday	Class	Instructor
10.00-11.00	Old School Aerobics	Jonni H

Spin Bookings

All Spin bookings need to be booked via e-mail on the same day as the class between 9.45 -11.00 to ashley.lyons@cityymca.org

Courses

Our Next Pole Dancing Course Dates:

16th March – 20th April

6 week courses are for Members Only at £40

All courses need to be booked in advance

Booking confirmed on full payment

Studio Guidelines

- * Late attendees may not enter the class
- * Drinks in the studio must be in sealed containers.
- * Classes may have alternative instruction to that advertised.
- * We reserve the right to change the instructor at any time.
- * Please return all equipment to the store room after use.
- * Please enjoy the classes and please have fun!!



WHAT'S IT ALL ABOUT?

BOX FIT

Let out all your aggression whilst getting a great aerobic workout. Pad and bag work will toughen you up for today's modern world.

CIRCUIT TRAINING

A group led stations workout designed to increase muscle strength and endurance, co-ordination and aerobic fitness.

LBT

Legs Bums and Tums, and Total Body Conditioning. These classes are aimed to achieve the ultimate lower body toning.

NEW BODY

A mixture of aerobic and toning exercises to transform your body ready for the Summer.

PILATES

This class utilises the 'magic circle' The main principles applied are precision and focus of core stability.

POWER MAXX

The instructor will take you through your paces with this studio based resistance class.

POWER STRETCH

Increase your flexibility to improve your fitness. A fun enjoyable class!!

SPIN

This is a group indoor cycling class combining speed, intensity & endurance. This class will suit all fitness levels.

YOGA

This class like Pilates combines mind and body co-ordination. The yoga taught at YMCA is a general style & the classes will cater for entry level.

Old School Aerobics

"Bringing back those grapevines to the left" A fun aerobic work out for all levels.
Leg warmers and headbands optional

Advanced Step

This is a choreographed, tap free step routine. A well recommended cardio workout for all who like to add a bit of choreography in to their weekly exercise schedule.

Pole Dancing Courses

City YMCA provide members with regular 6 week courses for all levels in Pole Dancing. Please check memo boards and web site for current dates. There is an additional cost to these courses