

GWC GYM CLASS TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	INFORMATION
HIIT 07.15-07.45	Spin 07.00-07.45	Yoga 07.00-08.00	Power Circuits 07.00-08.00	Functional Circuits 07.00-08.00		YMCA Bridgwater George Williams Centre Friarn Avenue Bridgwater TA6 3RF
Functional Circuits 09.00-10.00	Group Badminton 07.00-08.00	Functional Circuits 08.30-09.30		Spin 08.00-08.45	HIIT 08.00-08.30	
Vibe Cycle 09.15-10.00		Kettlercise 09.30-10.30	Boxercise 09.15-10.00	Functional Circuits 08.30-09.30	Bootcamp 09.00-10.00	
Functional Circuits 10.00-11.00			Functional Circuits 10.00-11.00	Bootcamp 10.00-11.00	Senior Circuits 10.00-11.00	
Core & Stretch 12.00-12.45			Senior Circuits 11.00-12.00		Pilates 10.00-11.00	
	Functional Circuits 16.00-17.00	14-16's Gym 16.00-17.00	Badminton 16.00-17.00	Functional Circuits 16.00-17.00		
Power Hour 17.00-18.00		Functional Circuits 17.00-18.00		Power Hour 17.00-18.00		
Bootcamp 18.00-19.00	Legs, Bums & Tums 18.00-18.45	Ab Express 18.15-18.45	Core & More 18.00-18.45	Boxercise 18.00-19.00		
Supple Strength 18.00-19.00		Couples Swing Latino 18.00-19.00	Bootcamp 18.00-19.00	Step Cardio Dance 18.00-19.00		
Spin 18:15-19.00			Vibe Cycle 18.15-19.00			
Swing Latino 19.00-19.45	Kettlercise 19.00-20.00			Body Sculpt 19.00-20.00		
Spin 19.15-20.00		Power Hour 19.30-20.30				
HIIT 19.15-19.45		Zumba 19.30-20.30				
Circuits 20.00-20.45	Yoga 20.00-21.00		Upper Body Blitz 20.00-21.00			

GYM MEMBERSHIPS

- ▼ **GOLD - £29.00**
 Unlimited classes
 Unlimited gym use
 Free court hire
 1 free boat hire session annually
 2 personal training
- ▼ **GOLD Junior - £25.00**
- ▼ **SILVER - £15.00**
 Unlimited gym use
 First month unlimited classes
- ▼ **BRONZE - £20**
 Monthly flexible, payable at GWC Reception
 Unlimited gym use

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