

# GWC GYM CLASS TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Indoor Group Cycling</b> 8.00 - 8.45			<b>Indoor Group Cycling</b> 8.00 - 8.45	<b>HIIT</b> 8.00 - 8.30	<b>HIIT</b> 8.00 - 8.30
<b>Bodyblitz</b> 9.15 - 10.00	<b>Tone &amp; Stretch</b> 9.15 - 10.00	<b>Kettlercise</b> 9.15 - 10.00	<b>Boxercise*</b> 9.15 - 10.00	<b>Bodyblitz</b> 9.15 - 10.00	<b>Circuits</b> 9.00 - 9.45
<b>Mature Movers</b> 10.15 - 11.00	<b>Fit2Dance50+</b> 10.15 - 11.00			<b>Mature Movers</b> 10.15 - 11.00	<b>Ab Attack</b> 10.30 - 10.30
		<b>Senior Archery</b> (Term time only) 11.00 - 12.00	<b>Fit After 50</b> 11.00 - 11.45		
			<b>Badminton</b> 2.30 - 4.30		
<b>Circuits</b> 4.00 - 4.45				<b>Circuits</b> 4.00 - 4.45	
<b>Indoor Group Cycling</b> 6.00 - 6.45	<b>HIIT</b> 6.00 - 6.30	<b>Indoor Group Cycling</b> 6.00 - 6.45	<b>Power Up</b> 6.00 - 6.45		
<b>Kettlercise</b> 7.00 - 7.45	<b>Boxercise*</b> 7.00 - 7.45	<b>Dance 4 All</b> 7.00 - 7.45	<b>Core &amp; Stretch</b> 7.00 - 7.30		

# GWC GYM CLASSES

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## **Indoor Group Cycling**

A fun, low impact and efficient form of cardiovascular exercise set to music. Based on outdoor cycling and sports science, it can improve speed, power, strength, endurance, plus aerobic and anaerobic capacity.

## **Circuits**

Combining a variety of functional exercise to strengthen the body, and high energy exercises to burn calories in a fun way.

## **Stretch & Tone**

Using a combination of weights, bands, mats and stretches, this workout is designed to increase lean muscle and flexibly.

## **Dance 4 All**

A fun way to exercise, learning a variety of dance including jazz, salsa, contemporary and many more.

## **Boxercise**

A combination of boxing moves to train for fitness, stamina and agility. Using boxing gloves and pads (bring your own if possible), this is a great way to burn calories and relieve stress. This training is non-competitive.

## **Kettlercise**

Using a Kettle Bell, this is the single, most effective fat burning workout. Designed to shape and sculpt the body, it also improves core strength.

## **Core & Stretch**

Concentrating on core muscles, to help strengthen and improve, combined with relaxing stretches for increased mobility.

## **HIIT**

High Intensity Interval Training, a 30-minute interval style workout to help burn calories and improve fitness levels.

## **Ab Attack**

A short 30-minute mat-based class which focuses on improving core strength and abdominal endurance.

## **Power Up**

Full body workout which focuses on weights to help build strength, power and muscular endurance.

## **Fit After 50**

All round fun fitness for over 50's using weights and cardiovascular equipment. Included are mobility and stretching exercises to aid flexibly and every day movements.

## **Fit2Dance50+**

Designed for seniors, learn basic dance technique and routines in a variety of styles. A fun way to improve body awareness, balance and posture.

## **Mature Movers**

A blended range of varied exercises delivered in a fun way, which help maintain muscle strength, mobility and balance.

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