

GWC GYM CLASS TIMETABLE



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

GWC GYM CLASSES

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.

0333 200 1616

fitness@ymca-dg.org