

# GWC GYM CLASS TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Vibe Cycle</b> 8.00 - 8.45	<b>Body Tone</b> 8.30 - 9.15	<b>Cardio Burst</b> 8.00 - 8.30	<b>Vibe Cycle</b> 8.30 - 9.15	<b>HIIT</b> 8.00 - 8.30	<b>HIIT</b> 8.00 - 8.30
<b>Bodyblitz</b> 9.00 - 9.45	<b>Dance Fit</b> 9.30 - 10.15	<b>Kettlercise</b> 9.30 - 10.15	<b>Boxercise*</b> 9.30 - 10.15	<b>Bodyblitz</b> 9.00 - 9.45	<b>Circuits</b> 9.00 - 9.45
<b>Mature Movers</b> 10.15 - 11.00			<b>Fit After 50</b> 11.00 - 11.45	<b>Mature Movers</b> 10.15 - 11.00	<b>Body Tone</b> 10.15 - 11.00
<b>Core &amp; Stretch</b> 12.30 - 1.00	<b>Cardio Burst</b> 12.30 - 1.00		<b>Dance 4 All</b> 12.30 - 1.15		
<b>Functional Circuits</b> 4.00 - 4.45			<b>Badminton</b> 2.30 - 4.30	<b>Functional Circuits</b> 4.00 - 4.45	
		<b>Core &amp; Stretch</b> 5.30 - 6.00	<b>Circuits</b> 5.30 - 6.00	<b>HIIT</b> 5.30 - 6.00	
<b>Ab Attack</b> 6.00 - 6.30	<b>HIIT</b> 6.00 - 6.30	<b>Dance 4 All</b> 6.30 - 7.15	<b>Bootcamp</b> 6.15 - 6.45		
<b>HIIT</b> 7.00 - 7.30	<b>Kettlercise</b> 7.00 - 7.45		<b>Beginners Dance</b> 7.00 - 7.45		

# GWC GYM CLASSES

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## **Vibe Cycle**

Up beat motivating music to burn calories and create a fun workout, this is a great way to get fit - Don't just ride, feel the vibe!

## **BodyTone**

A total body workout combining slower strength exercises with energy moves to create a leaner body.

## **Circuits**

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

## **Mature Movers**

A blended range of varied exercises, which help maintain muscle strength, mobility and balance.

## **Ab Attack**

30 mins of varied mat exercises to aid strengthen your core and increase your abdominal muscle tone.

## **HIIT**

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

## **Core & Stretch**

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

## **Boxercise**

A combination of boxing moves to train for fitness, increase stamina and agility. Wearing boxing gloves and using 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.

## **Cardio Burst**

Combinations of short burst hi-intensity cardio exercises to burn calories in a short space of time.

## **Dance 4 All**

A fun way to exercise and brush up on your previous expertise or learn a new variety of dance including jazz, contemporary, ballet and more.

## **Beginners Dance**

Improve your health and self-confidence while learning basic technique for modern, ballet and contemporary.

## **DanceFit**

Dance based exercise class to music for all ages. Benefits - improved stamina, posture and flexibility.

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