

GWC GYM CLASS TIMETABLE



Here for young people
Here for communities
Here for you

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Indoor Group Cycling 8am - 8.45am			Indoor Group Cycling 8am - 8.45am	
Bodyblitz 9.15am - 10am	Tone & Stretch 9.15am - 10am	Kettlercise 9.15am - 10am	Boxercise* 9.15am - 10am	Bodyblitz 9.15am - 10am
Mature Movers 10.15am - 11am	Fit2Dance 10.15am - 11am			Mature Movers 10.15am - 11am
		Fit After 50 11am - 12pm	Fit After 50 11am - 12pm	
Circuits 4pm - 4.45pm				Circuits 4pm - 4.45pm
		Core & Stretch 5.30pm - 6pm	Body Conditioning 5.30pm - 6pm	
Indoor Group Cycling 6pm - 6.45pm	HIIT 6pm - 6.30pm	Indoor Group Cycling 6pm - 6.45pm	Power Up 6.15pm - 7pm	
Kettlercise 7pm - 7.45pm	Boxercise* 7pm - 7.45pm	Dance 4 All 7pm - 7.45pm		

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 flexibility.

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.

Bodybitz

Interval style class to sculpt, strengthen and improve cardiovascular fitness. Using a variety of equipment including dumbbells, kettlebells, resistance bands and mat work.

Fit After 50

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

Power Up

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

Fit2Dance

Learn basic dance techniques 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.

Body Conditioning

Using a range of exercises, which train the whole body to increase muscular strength and endurance, flexibility and cardiovascular health.

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