

## Why Plymouth YMCA Group Fitness Classes?

With more than 30 years experience Plymouth YMCA is highly regarded for its quality Group Fitness classes. Our instructors are highly motivated and expert trainers ensure that the individual needs of all participants are met.

### Benefits include:

- Two purpose built studios
- Large sports hall
- Pay as you go, pre-pay and block booking payment options
- No joining fee
- Free car parking
- Maximum class sizes to ensure optimal instructor:class ratios
- 7-day advance booking system
- Daily membership fees or yearly membership available
- Day and Evening Classes
- Friendly atmosphere – beginners always welcome
- New participants complete a pre exercise health questionnaire

## Other Programmes

- **Fitness Suite** (contains 27 stations of cardiovascular & resistance equipment )
- **Exercise on Referral** (supervised gym based exercise for those referred by their General Practitioner or health professional)
- **C- Zone** (Supervised youth fitness – gym based)
- **Cardio-Fit Club** (Phase IV Cardiac Rehabilitation programme)



## How do I book a Group Fitness Class?

1. Look through the class timetable and choose the class you wish to book.
2. Telephone Plymouth YMCA on 01752 201918 and choose the reception option and inform the receptionists of the class, day and time you wish to book. Please note you can book a maximum of 7 days in advance. No fee is required until you arrive on the day.
3. On the day of your booking please arrive at least 20 minutes prior to your booking and give your name to our receptionist who will accept your payment and introduce you to your instructor.

During the class the instructor will support you and will ensure that programmes are adapted to your ability.

At the end of the class the instructor will be available to discuss any queries you may have.

## For further information

**Telephone:** 01752 201918 and speak to a member of the reception team

**Group Fitness Coordinator:** Sue Raven

**E-mail:** [sue.r@plymouthymca.co.uk](mailto:sue.r@plymouthymca.co.uk)

