

CLASS DESCRIPTION

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| Body conditioning | A workout to help tone, strengthen and re-shape the whole body A combination of resistance tubes hand weights and bands are used to create variety in your workout |
| BodyPump | Strengthen up with BodyPump – Toning & conditioning class using weights – the fastest way to shape up & lose body fat. |
| Core Fit <i>NEW</i> | Want a flatter stomach, to improve your body shape and posture then this is the class for you. |
| Stability Ball | Fun stability ball exercises to tone & strengthen the whole body. |
| Cardio`n`Core <i>NEW</i> | The perfect mix – A cardio workout for building strength & stamina together with core work for a flatter stomach, improved body shape & posture! |
| Fatburner | Challenge mind and body in a 45 minute blast of fun aerobic moves suitable for all levels and abilities. |
| Step & Tone | Choreographed step routines for an effective fat-burning and toning workout |
| Zumba | Latin inspired & easy to follow Zumba combines dancing and aerobics making burning calories FUN TO DO! |
| Freestyle Fitness Yoga <i>NEW</i> | A unique, fun & vibrant form of modern Yoga that targets flexibility, core stability and strength |
| Pilates | Great way to improve muscular balance, strength and posture. |
| Young at Heart | Fun fitness for the more mature! |
| BodyCombat | Get fighting fit using moves from Karate, Taekwon-Do, kickboxing and Tai Chi! |
| Boxercise | Punch your way to a perfect physique! Knockout session combining boxing & circuits. |
| Circuits | Cardiovascular & weight training exercises to increase stamina, strength and fitness. Participants can vary the intensity to suit their fitness level and needs. |



Please note:
All classes are subject to change

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| CLASS KEY |
| TONING |
| CARDIO |
| WELLBEING CLASSES |
| POWER WORKOUTS |

Studio Timetable

Plymouth YMCA Honicknowle Lane, Plymouth PL5 3NG

Tel: 01752 201918

| DAY | TIME | CLASS | LOCATION | INSTRUCTOR |
|-----------|-------------------------------------|------------------------|--------------------|------------|
| Monday | 9:30am - 10:30am | Step & Tone | Studio | Sue |
| | 10:45am - 11:45am | Body Pump | Studio | Neil/Sue |
| | 6:00pm - 7:00pm | Zumba | Studio | Elaine |
| | 7:10pm - 8:10pm | Body Conditioning | Studio | Vicky |
| | 7:15pm - 8:15pm | Step & Tone | Dance Den | Elaine |
| | 7:20pm - 8:20pm | Circuits | Sports Hall 2 | Steve |
| | 8:15pm - 9:15pm | Pilates | Studio | Louisa |
| Tuesday | 11:45am - 12:45am | Young at Heart | Squash Court | Sue |
| | 5:45pm - 6:30pm | Fatburner | Studio | Elaine |
| | NEW TIME 6:10pm - 7:10pm | Boxercise | Dance Den | Neil |
| | 6:35pm - 7:20pm | Stability Ball | Studio | Tracy |
| | 7:30pm - 8:10pm | Core Fit | Dance Den | Vicky |
| | 7:30pm - 8:30pm | BodyPump | Studio | Sue |
| Wednesday | 9:30am - 10:30am | Cardio `n` Core | Dance Den | Sue |
| | 6:00pm - 7:00pm | Step & Tone | Studio | Elaine |
| | 6:15pm - 7:15pm | BodyCombat | Sports Hall 2 | Sue |
| | 7:00pm - 8:00pm | NEW Circuits | All Saints Academy | Dave |
| | 7:10pm - 8:10pm | Zumba | Studio | Tracy |
| Thursday | 9:30am - 10:30am | BodyPump | Studio | Angela |
| | 6:00pm - 7:00pm | BodyPump | Studio | Linsey |
| | 7:15pm - 8:00pm | Stability Ball | Studio | Neil |
| | 8:10pm - 9:10pm | Pilates | Studio | Jo |
| Friday | 9:30am - 10:30am | Body Conditioning | Studio | Sue |
| | 6:15pm - 7:15pm | BodyCombat | Studio | Neil |
| | 7:30pm - 8:30pm | Freestyle Fitness Yoga | Studio | Louisa |
| Saturday | NEW TIME 9:30am - 10:30am | Body Pump | Studio | Elaine |

PLEASE ARRIVE AT LEAST 10 MINUTES BEFORE YOUR CLASS IS DUE TO START

NO ADMISSION ONCE SESSION HAS STARTED

YMCA
PLYMOUTH

grow, contribute, thrive...

Plymouth Young Men's Christian Association is a registered charity No. 1066919

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Registered address:
Honicknowle Lane,
Plymouth, Devon PL5 3NG.