

Plymouth YMCA Fitness Suite

A customer focused gym with 27 exercise stations.

Cardiovascular Equipment

- 3 Treadmills
- 4 Lifefitness Upright bikes
- 2 Lifefitness Recumbent bikes
- 3 Concept II Rowers
- Technogym Stepper
- 2 Lifefitness Cross-trainers

Resistance Equipment

- 8 single-station resistance machines
- Free-weight area with benches
- A selection of dumbbells & barbells
- Olympic bars & squat rack

Our Staff

You will benefit from the professional, supportive, and caring service our staff provide. They are highly skilled in:

- Advanced Gym Instruction
- Nutrition and Healthy Eating
- Strength and Conditioning
- Exercise on Referral



Why Plymouth YMCA?

- ✓ Free car parking
- ✓ No joining fee
- ✓ Pay as you go and advanced booking options
- ✓ National health and exercise reputation

Opening Times

Monday-Friday: 8:00am – 9.30pm
Saturday: 9:00am – 5:00pm

General Information

We maintain strong links with the community and work to assist the young, the under privileged, and disadvantaged; using fitness and improved health as a means to enhance both physical and physiological well-being.

Getting Started

Before you can use the fitness suite for your own safety you will need to attend either a full or fast track Induction.

Full Induction

This is an hour's session during which a fitness instructor will teach you the safe and effective use of the fitness equipment and provide you with a programme tailored to your own needs and fitness level.

Fast-Track Induction

If you are over 18 and have been inducted into using fitness equipment at another reputable gym we offer a fast-track induction followed by observation and support if required.

Introductory and Fast-Track Inductions require prior booking and participants to wear suitable clothing (trainers, t-shirt & shorts/tracksuit bottoms).

Further Information

Fitness Manager: Neil Talbot

Tel: 01752 201918

E-mail: neil.t@plymouthymca.co.uk



Other Programmes

- **Exercise on Referral** (supervised gym based exercise for those referred by a health professional)
- **Group Fitness Classes** (over 25 classes run weekly)
- **Cardio-Fit Club** (phase IV cardiac rehabilitation programme)