

## Monday

**Aqua Blast**  
8.00am - 8.45am  
Kelly Penn (S/P)

**Gentle Stretch & Tone**  
8.45am - 9.45am  
Neil Solmon (F/S)

**Aqua Fit**  
9.00am - 9.45am  
Kelly Penn (S/P)

**Circuits**  
9.30am - 10.30am  
Tim Offer (M/H)

**Functional Fitness**  
11.45am - 12.30pm  
Caroline McKenzie (F/S) T/T

**Body Pump Express •**  
5.30pm - 6.15pm  
Rikki Walden (F/S)

**Indoor Cycling**  
6.20pm - 7.00pm  
Jo Dimarco (C/R)

**Step Aerobics**  
7.00pm - 7.45pm  
Neil Solmon (F/S)

**Circuits**  
7.00pm - 8.00pm  
Rikki Walden (M/H)

**Yoga**  
7.00pm - 8.00pm  
Gaia Madden (Bar) ♦

**Aqua Fit**  
7.45pm - 8.30pm  
Kirstine Culpán (S/P)

## Tuesday

**Indoor Cycling**  
6.30am - 7.10am  
Sophie Walker (F/S)

**Legs, Bums & Tums**  
9.10am - 9.55am  
Kelly Penn (M/H) T/T

**Body Pump Express •**  
10.15am - 11.00am  
Ella Bolton (F/S)

**Aqua Fit**  
10.30am - 11.15am  
Lynn Hill (S/P)

**Gentle Stretch & Tone**  
11.30am - 12.15pm  
Jane Alexander (F/S) \*

**PiYo**  
5.45pm - 6.30pm  
Clare Nicholas (F/S)

**Insanity**  
6.00pm - 6.45pm  
Sophie Walker (C/R)

**Body Pump •**  
7.00pm - 8.00pm  
Andy (F/S)

**Aqua Fit**  
7.45pm - 8.30pm  
Lynn Hill (S/P)

## Wednesday

**Zumba Gold**  
9.30am - 10.15am  
Jane Alexander (F/S)

**A Plan Workout**  
9.30am - 10.30am  
Tim Offer (M/H)

**Body Pump Express •**  
6.00pm - 6.45pm  
Sophie Walker (F/S)

**Circuits**  
7.00pm - 8.00pm  
Rikki Walden (M/H)

**Zumba**  
7.15pm - 8.00pm  
Caroline McKenzie (F/S)

## Thursday

**Indoor Cycling**  
6.30am - 7.10am  
Rikki Walden (F/S)

**Gentle Stretch & Tone**  
8.30am - 9.15am  
Jane Alexander (F/S) \*

**Zumba**  
9.45am - 10.30am  
Jane Alexander (F/S)

**Body Pump Express •**  
10.30am - 11.15am  
Sophie Walker (C/R)

**A Plan Workout**  
6.00pm - 6.45pm  
Tim Offer (C/R)

**Zumba**  
6.00pm - 6.45pm  
Caroline McKenzie (F/S)

**Legs, Bums & Tums**  
7.15pm - 8.00pm  
Nikki Samways (F/S)

**Therapeutic Yoga**  
7.15pm - 8.15pm  
Gaia Madden (C/R) ♦

**Aqua Circuits**  
7.30pm - 8.15pm  
Caroline McKenzie (S/P)

## Friday

**Aqua Fit**  
8.45am - 9.30am  
Kelly Penn (S/P)

**Gentle Stretch & Tone**  
9.15am - 10.15am  
Caroline McKenzie (F/S) \*

**Circuits**  
9.30am - 10.30am  
Tim Offer (M/H)

**Aqua Fit**  
9.45am - 10.30am  
Kelly Penn (S/P)

**PiYo**  
10.45am - 11.30am  
Pamela Nowak (F/S)

**Indoor Cycling**  
5.25pm - 6.05pm  
Neil Solmon (C/R)

**Body Pump Express •**  
5.30pm - 6.15pm  
Rikki Walden (F/S)

**Circuits**  
6.10pm - 6.55pm  
Tim Offer (M/H)

**Indoor Cycling**  
6.20pm - 7.00pm  
Neil Solmon (C/R)

**Aqua Fit**  
7.15pm - 8.00pm  
Lynn Hill (S/P)

## Saturday

**Beat That Body**  
7.45am - 8.30am  
Danielle Groves (C/R)

**Body Pump •**  
8.55am - 9.55am  
Rikki Walden (F/S)

**Indoor Cycling**  
10.30am - 11.10am  
Dean Sidaway (F/S)

## Sunday

**Super Circuits**  
9.00am - 10.00am  
Sophie Walker (M/H)

**A-Plan Workout**  
5.30pm - 6.15pm  
Tim Offer (M/H)

## Fitness Class Fees >>>

### Gold Members

55/60 minutes	FREE
45 minutes	FREE
30 minutes	FREE

### Bronze Members

55/60 minutes	£4.50
45 minutes	£3.90
30 minutes	£3.40

### Non Members

55/60 minutes	£6.00
45 minutes	£5.40
30 minutes	£4.90

### Yoga ♦

Gold Members	£3.20
Bronze Members	£4.50
Non Members	£6.00
(LIMITED NUMBERS)	

### Indoor Cycling

Gold Members	FREE
Bronze Members	£4.00
Non Members	£5.50

### Over 50's Classes \*

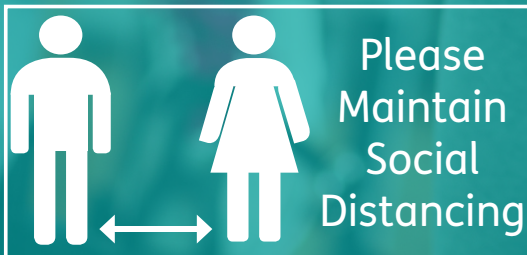
Gold Members	FREE
Bronze Members	£4.00
Non Members	£5.50

### Access To Leisure

55/60 minutes	£3.00
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## Location Key >>>

M/H	= Main Hall
S/P	= Swimming Pool
F/S	= Fitness Studio
C/R	= Canford Room
W/Ext	= Waterside Ext
Bar	= Bar Lounge
(C)	= Course Fee
T/T	= Term Time Only





# Fitness Class Descriptions

All classes 16+ years >>>

**A Plan Workout** > Includes hand weights and barbells in a combination of effective exercises to burn fat and increase strength. Total body workout which will improve your strength, mobility, fat loss and cardio vascular fitness.

**Aqua Blast** > This class is for you if you love AquaFit, but want to push yourself that bit harder. Not suitable for beginners

**Aqua Circuits** > A complete workout for all levels from beginners to advanced. Using noodles, water weights and straps to improve endurance, balance and fitness. Work at your own pace: hard or social. Serious or fun. You choose.

**Aqua Fit (Kelly's)** > A fun packed workout for all levels. To improve your muscle tone, core strength and flexibility. Using woggles and dumbbells to increase more resistance.

**Aqua Fit (Lynn's)** > A fast paced, fun class, set to music in the warmest pool in the area! Suitable for all levels of fitness.

**Beat That Body** > A high intensity workout for ALL levels. Using various pieces of equipment at different stations. Great for burning fat and improving muscle tone

**Body Pump/Body Pump Express** > The original barbell class. Tones the whole body with hot sounds and compelling choreography for just about everybody.

**Circuits** > A complete workout for all levels from beginners to advanced. Using various pieces of equipment in a number of different class formats. Great for burning fat and improving muscle tone at the same time.

**Functional Fitness** > Aerobic start followed by specific area toning and conditioning. Focus on muscles used in everyday activities & tasks. Great social atmosphere. All ages and abilities welcome.

**Gentle Stretch and Tone** > An aerobic, tone and trim session. Great social atmosphere. All ages and abilities welcome.

**Gentle Stretch and Tone (Jane's)** > An aerobic, tone and trim session (standing and mat based workout) ending with relaxation. Great social atmosphere. All adult ages and abilities welcome.

**Indoor Cycling** > Indoor studio cycling session. Highly motivating and a fantastic way to burn lots of calories.

**Pilates** > Helps to develop the awareness of our bodies enabling us to improve posture, core strength and flexibility. It builds strength from the inside out, working on deep postural muscles and neutral alignment.

**PiYo LIVE** > Inspired by the muscle-sculpting, core-firming benefits of Pilates and the strength and flexibility of flowing yoga movements, it's an innovative bodyweight workout that gives you so much more.

**Pure Stretch** > De-Stress in this low-intensity workout including full body stretch. A great class that aims to make you feel refreshed/invigorated with improving flexibility and mobility. The class finishes with relaxation and breathing exercises to leave you calm and ready to face the week ahead. All ages and abilities welcome.

**Step Aerobics** > Step aerobics has all the benefits of a high-intensity cardio workout without putting stress on your joints. It improves overall fitness by building strength, reducing fat, and boosting your cardiovascular health.

**Yoga/Therapeutic Yoga** > Create balance throughout your body by developing both strength and flexibility via different poses and postures. Improve your flexibility, muscle tone and well-being in this new pay-as-you-go class!

**Zumba** > is a Latin-inspired, dance - fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting, and effective fitness system! This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits.

**Zumba Gold** > Takes the popular Latin-dance of Zumba, and makes it accessible for beginners to seniors. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.



THE JUNCTION  
PART OF YMCA BOURNEMOUTH

# Fitness Classes

## Important Information:

- Members can book online/by phone 96 hours in advance of class time
- Non-members can book by phone 24 hours in advance of class time
- Every Members/Users should report to Reception upon entry
- Members/Users to come ready for your chosen activity
- We must discourage the use of the changing facilities
- Please do not arrive any more than 15 minutes before your class start time
- Please observe the social distancing rules when in the Centre
- Full timetable can be found online
- Hand sanitizer must be used upon entry to the Centre and at the time of leaving
- We have hand sanitizer in various place around the Centre

✉ Station Approach | Broadstone | Dorset | BH18 8AX

☎ 01202 777766

✉ enquiries@thejunctionbroadstone.co.uk

W/C 5 October 2020  
onwards



[www.thejunctionbroadstone.co.uk](http://www.thejunctionbroadstone.co.uk)

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION