

### Monday

08:00 - 08:45	<b>Aqua Blast</b>	Kelly Penn	(S/P)
08:45 - 09:45	<b>Gentle Stretch &amp; Tone</b>	Neil Solmon	(F/S)
09:00 - 09:45	<b>Aqua Fit</b>	Kelly Penn	(S/P)
09:15 - 10:00	<b>Body Combat</b> <span style="background-color: #e91e63; color: white; padding: 2px;">NEW</span>	Lianne Ede	(C/R)
09:30 - 10:30	<b>Circuits</b>	Tim Offer	(M/H)
10:30 - 11:10	<b>Indoor Cycling</b> <span style="background-color: #e91e63; color: white; padding: 2px;">NEW</span>	Neil Solmon	(C/R)
11:30 - 12:15	<b>Functional Fitness</b>	Caroline McKenzie	(F/S) T/T
17:25 - 18:05	<b>Indoor Cycling</b> <span style="background-color: #e91e63; color: white; padding: 2px;">NEW</span>	Jo Dimarco	(C/R)
17:30 - 18:15	<b>Body Pump Express</b>	Rikki Walden	(F/S)
18:20 - 19:00	<b>Indoor Cycling</b>	Jo Dimarco	(C/R)
19:00 - 19:45	<b>Step Aerobics</b>	Neil Solmon	(F/S)
19:00 - 20:00	<b>Circuits</b>	Rikki Walden	(M/H)
19:00 - 20:00	<b>Yoga</b>	Gaia Madden	(BAR) ♦
19:45 - 20:30	<b>Aqua Fit</b>	Kirstine Culpan	(S/P)

### Tuesday

06:30 - 07:10	<b>Indoor Cycling</b>	Sophie Walker	(F/S)
09:10 - 09:55	<b>Legs, Bums &amp; Tums</b>	Kelly Penn	(M/H) T/T
09:30 - 10:10	<b>Indoor Cycling</b> <span style="background-color: #e91e63; color: white; padding: 2px;">NEW</span>	Neil Solmon	(C/R)
10:15 - 11:00	<b>Body Pump Express</b>	Ella Bolton	(F/S)
10:30 - 11:15	<b>Aqua Fit</b>	Lynn Hill	(S/P)
11:30 - 12:15	<b>Gentle Stretch &amp; Tone</b>	Jane Alexander	(F/S) *
17:45 - 18:30	<b>PiYo</b>	Clare Nicholas	(F/S)
18:00 - 18:45	<b>Insanity</b>	Sophie Walker	(C/R)
19:00 - 20:00	<b>Body Pump</b>	Andy	(F/S)
19:15 - 19:45	<b>Indoor Cycling</b> <span style="background-color: #e91e63; color: white; padding: 2px;">NEW</span>	Rikki Walden	(C/R)
19:45 - 20:30	<b>Aqua Fit</b>	Lynn Hill	(S/P)

### Wednesday

08:30 - 09:15	<b>Zumba Gold</b> <span style="background-color: #e91e63; color: white; padding: 2px;">NEW</span>	Jane Alexander	(F/S)
09:30 - 10:15	<b>Zumba Gold</b>	Jane Alexander	(F/S)
09:30 - 10:30	<b>A Plan Workout</b>	Tim Offer	(M/H)
18:00 - 18:45	<b>Body Pump Express</b>	Sophie Walker	(F/S)
19:00 - 20:00	<b>Circuits</b>	Rikki Walden	(M/H)
19:15 - 20:00	<b>Zumba</b>	Caroline McKenzie	(F/S)

### Thursday

06:30 - 07:10	<b>Indoor Cycling</b>	Rikki Walden	(F/S)
08:30 - 09:15	<b>Gentle Stretch &amp; Tone</b>	Jane Alexander	(F/S) *
09:20 - 10:00	<b>Indoor Cycling</b> <span style="background-color: #e91e63; color: white; padding: 2px;">NEW</span>	Tim Offer	(C/R)
09:30 - 10:15	<b>Zumba</b>	Jane Alexander	(F/S)
10:30 - 11:15	<b>Body Pump Express</b>	Sophie Walker	(C/R)
18:00 - 18:40	<b>Indoor Cycling</b> <span style="background-color: #e91e63; color: white; padding: 2px;">NEW</span>	Nikki Samways	(C/R)
18:15 - 19:00	<b>Zumba</b>	Caroline McKenzie	(F/S)
18:15 - 19:00	<b>A Plan Workout</b>	Tim Offer	(M/H)
19:15 - 20:00	<b>Legs, Bums &amp; Tums</b>	Nikki Samways	(F/S)
19:15 - 20:15	<b>Therapeutic Yoga</b>	Gaia Madden	(C/R) ♦
19:30 - 20:15	<b>Aqua Circuits</b>	Caroline McKenzie	(S/P)

### Friday

08:45 - 09:30	<b>Aqua Fit</b>	Kelly Penn	(S/P)
09:15 - 10:15	<b>Gentle Stretch &amp; Tone</b>	Caroline McKenzie	(F/S) *
09:30 - 10:30	<b>Circuits</b>	Tim Offer	(M/H)
09:45 - 10:30	<b>Aqua Fit</b>	Kelly Penn	(S/P)
10:45 - 11:30	<b>PiYo</b>	Pamela Nowak	(F/S)
17:25 - 18:05	<b>Indoor Cycling</b>	Neil Solmon	(C/R)
17:30 - 18:15	<b>Body Pump Express</b>	Rikki Walden	(F/S)
18:10 - 18:55	<b>Circuits</b>	Tim Offer	(M/H)
18:20 - 19:00	<b>Indoor Cycling</b>	Neil Solmon	(C/R)
19:15 - 20:00	<b>Aqua Fit</b>	Lynn Hill	(S/P)

### Saturday

07:45 - 08:30	<b>Beat That Body</b>	Danielle Groves	(C/R)
08:55 - 09:55	<b>Body Pump</b>	Rikki Walden	(F/S)
10:30 - 11:10	<b>Indoor Cycling</b>	Dean Sidaway	(F/S)

### Sunday

09:00 - 10:00	<b>Super Circuits</b>	Sophie Walker	(M/H)
17:30 - 18:15	<b>A-Plan Workout</b>	Tim Offer	(M/H)

### Fitness Class Fees >>>

<b>Gold Members</b>	<b>Bronze Members</b>	<b>Non Members</b>	<b>Yoga</b> ♦	<b>Indoor Cycling</b>	<b>Over 50's Classes</b> *	<b>Access To Leisure</b>
55/60 minutes FREE	55/60 minutes £4.50	55/60 minutes £6.00	Gold Members £3.20	Gold Members FREE	Gold Members FREE	55/60 minutes £3.00
45 minutes FREE	45 minutes £3.90	45 minutes £5.40	Bronze Members £4.50	Bronze Members £4.00	Bronze Members £4.00	45 minutes £2.70
30 minutes FREE	30 minutes £3.40	30 minutes £4.90	Non Members £6.00	Non Members £5.50	Non Members £5.50	30 minutes £2.45
			(LIMITED NUMBERS)			(exc Indoor Cycling & Pilates)

### Location Key >>>

M/H = Main Hall	F/S = Fitness Studio	W/Ext = Waterside Ext	(C) = Course Fee
S/P = Swimming Pool	C/R = Canford Room	Bar = Bar Lounge	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 Combat** > A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 570 calories\*\* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

**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.

**Legs, Bums and Tums** > Ladies it says it all in the title. Blitz those hard to hit areas.

**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.

**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.

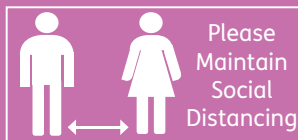
**Yoga/Therapeutic Yoga** > Create balance throughout your body by developing both strength and flexibility via different poses and postures. Improve your flexibility, muscle tone and well-being in this new pay-as-you-go class!

**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.

## Important Information:

- Members can book online/by phone 5 (120 hours) days 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
- Cancellation fee of £2.00 will be charged for no-shows
- 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



THE JUNCTION

PART OF YMCA BOURNEMOUTH



# Fitness Classes

W/C 7 Dec 2020 onwards



Station Approach | Broadstone | Dorset | BH18 8AX

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YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION