

## 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)
08:50 - 09:35	<b>Aqua Fit</b>	Kelly Penn	(S/P)
09:30 - 10:30	<b>Circuits</b>	Tim Offer	(M/H)
10:30 - 11:10	<b>Indoor Cycling</b>	Neil Solmon	(S/S)
17:30 - 18:15	<b>Body Pump Express</b>	Rikki Walden	(F/S)
18:20 - 19:00	<b>Indoor Cycling</b>	Gaynor Somerville	(S/S)
18:45 - 19:45	<b>Yoga</b>	Gaia Madden	(BAR) ♦
19:00 - 19:45	<b>Step Aerobics</b>	Neil Solmon	(F/S)
19:05 - 20:00	<b>Circuits</b>	Tim Offer	(M/H)
19:10 - 19:50	<b>Indoor Cycling</b>	Gaynor Somerville	(S/S)
19:45 - 20:30	<b>Aqua Fit</b>	Kirstine Culpan	(S/P)
20:15 - 21:00	<b>20/20 Freestyle NEW</b>	Neil Solmon	(M/H)

## Tuesday

06:30 - 07:10	<b>Indoor Cycling</b>	Neil Solmon	(S/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>	Neil Solmon	(S/S)
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) *
18:00 - 18:45	<b>Insanity</b>	Sophie Walker	(C/R)
18:10 - 18:50	<b>Indoor Cycling</b>	Rikki Walden	(S/S)
19:00 - 20:00	<b>Body Pump</b>	Andy	(F/S)
19:15 - 20:00	<b>Aqua Fit</b>	Lynn Hill	(S/P)

## Wednesday

08:30 - 09:15	<b>Zumba Gold</b>	Jane Alexander	(F/S)
09:00 - 09:50	<b>Paracise NEW</b>	Kaaren Admiraal	(C/R)
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)
18:00 - 18:45	<b>Step Aerobics</b>	Neil Solmon	(M/H)
18:15 - 18:55	<b>Indoor Cycling</b>	Rikki Walden	(S/S)
19:00 - 19:40	<b>Indoor Cycling</b>	Sophie Walker	(S/S)
19:05 - 20:00	<b>Circuits</b>	Rikki Walden	(M/H)
19:15 - 20:00	<b>Zumba</b>	Caroline McKenzie	(F/S)
20:05 - 20:35	<b>Core Express</b>	Caroline McKenzie	(F/S)

### Gold Members

55/60 minutes	FREE
45 minutes	FREE
30 minutes	FREE

### Location Key >>>

M/H = Main Hall	F/S = Fitness Studio	W/Ext = Waterside Ext
S/P = Swimming Pool	C/R = Canford Room	S/S = Spin Studio

### 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	FREE
Bronze Members	£4.50
Non Members	£6.00
(LIMITED NUMBERS)	
Bar	= Bar Lounge

### Indoor Cycling

Gold Members	FREE
Bronze Members	£4.00
Non Members	£5.50

(C)	= Course Fee
T/T	= Term Time Only

### Over 50's Classes \*

Gold Members	FREE
Bronze Members	£4.00
Non Members	£5.50

### Access To Leisure

55/60 minutes	£3.00
45 minutes	£2.70
30 minutes	£2.45
(exc Indoor Cycling & Pilates)	



## Thursday

06:30 - 07:10	<b>Indoor Cycling</b>	Rikki Walden	(S/S)
08:30 - 09:15	<b>Gentle Stretch &amp; Tone</b>	Rachel Klein	(F/S) *
09:20 - 10:00	<b>Indoor Cycling</b>	Sophie Walker	(S/S)
09:30 - 10:15	<b>Zumba</b>	Bianca Merriman	(F/S)
10:30 - 11:15	<b>Body Pump Express</b>	Sophie Walker	(F/S)
18:00 - 18:45	<b>A Plan Workout</b>	Tim Offer	(C/R)
18:15 - 19:00	<b>Zumba</b>	Caroline McKenzie	(F/S)
18:20 - 19:00	<b>Indoor Cycling</b>	Nikki Samways	(S/S)
19:00 - 20:00	<b>Therapeutic Yoga</b>	Jo Guy	(C/R)
19:15 - 20:00	<b>Legs, Bums &amp; Tums</b>	Nikki Samways	(F/S)
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>	Claire Vanstone	(C/R) *
09:30 - 10:30	<b>Circuits</b>	Tim Offer	(M/H)
09:35 - 10:20	<b>Aqua Fit</b>	Kelly Penn	(S/P)
10:30 - 11:15	<b>Strength HIIT NEW</b>	Danielle Groves	(C/R)
10:45 - 11:30	<b>Power Pilates</b>	Claire Vanstone	(F/S)
17:25 - 18:05	<b>Indoor Cycling</b>	Neil Solmon	(S/S)
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	(S/S)
19:15 - 20:00	<b>Aqua Fit</b>	Lynn Hill	(S/P)

## Saturday

07:45 - 08:30	<b>Strength HIIT</b>	Pamela Nowak	(C/R)
08:55 - 09:55	<b>Body Pump</b>	Rikki Walden	(F/S)

## Sunday

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

## Fitness Class Fees



# Fitness Class Descriptions | All classes 16+ years >>>

**20/20 Freestyle NEW** > 20 minute split of uplifting freestyle aerobics. Dance aerobics followed by step aerobics suitable for everyone. Join the fun, energy and atmosphere.

**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.

**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.

**Core Express** > A 30 minute class with real focus on your core muscles, to aid toning, strength and shape. Participants to warm-up prior to class.

**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.

**Paracise NEW** > Paracise is a conditioning & well-being set of exercises all choreographed to fabulous music; gentle on the joints but highly effective in improving posture, balance, mobility & flexibility whilst improving your muscle memory. This class will leave you feeling refreshed & invigorated. No floor work.

**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

**Power Pilates** > A fun mix of Pilates exercises with a modern twist. A higher intensity class pace adding a little sweat and burn. Still maintaining focus on the key principles of Pilates. (Options to use light weights will also be included). Not suitable for those with injuries/ chronic conditions affecting ability to

exercise safely. A reasonable level of fitness is required for this class.

**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.

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

**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 Member/User 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 ask you to limit the time you make use of the changing facilities
- Please do not arrive any more than 15 minutes before your class start time
- 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



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**YMCA**



**THE JUNCTION**

PART OF YMCA BOURNEMOUTH



# FITNESS CLASS TIMETABLE

**NEW  
CLASSES**

**YOGA  
CLASSES  
NOW FREE  
TO GOLD  
MEMBERS**

► W/C 6 June 2022 onwards

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