

Monday

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

Tuesday

06:30 - 07:10	Indoor Cycling	Neil Solmon	(S/S)
09:10 - 09:55	Legs, Bums & Tums	Kelly Penn	(M/H) T/T
09:30 - 10:10	Indoor Cycling	Neil Solmon	(S/S)
10:15 - 11:00	Body Pump Express	Ella Bolton	(F/S)
10:30 - 11:15	Aqua Fit	Lynn Hill	(S/P)
11:00 - 12:00	Paracise NEW	Kaaren Admiraal	(C/R)
11:30 - 12:15	Gentle Stretch & Tone	Jane Alexander	(F/S) *
18:00 - 18:45	Insanity	Sophie Walker	(C/R)
18:10 - 18:50	Indoor Cycling	Rikki Walden	(S/S)
19:00 - 20:00	Body Pump	Andy	(F/S)
19:15 - 20:00	Aqua Fit	Lynn Hill	(S/P)

Wednesday

08:30 - 09:15	Zumba Gold	Jane Alexander	(F/S)
09:00 - 09:50	Paracise NEW	Kaaren Admiraal	(C/R)
09:30 - 10:15	Zumba Gold	Jane Alexander	(F/S)
09:30 - 10:30	A Plan Workout	Tim Offer	(M/H)
18:00 - 18:45	Body Pump Express	Sophie Walker	(F/S)
18:00 - 18:45	Step Aerobics	Neil Solmon	(M/H)
18:15 - 18:55	Indoor Cycling	Rikki Walden	(S/S)
19:00 - 19:40	Indoor Cycling	Sophie Walker	(S/S)
19:05 - 20:00	Circuits	Rikki Walden	(M/H)
19:15 - 20:00	Zumba	Caroline McKenzie	(F/S)



Thursday

06:30 - 07:10	Indoor Cycling	Rikki Walden	(S/S)
08:30 - 09:15	Gentle Stretch & Tone	Rachel Klein	(F/S) *
09:20 - 10:00	Indoor Cycling	Sophie Walker	(S/S)
09:30 - 10:15	Zumba	Bianca Merriman	(F/S)
10:30 - 11:15	Body Pump Express	Sophie Walker	(F/S)
18:00 - 18:45	A Plan Workout	Tim Offer	(C/R)
18:15 - 19:00	Zumba	Caroline McKenzie	(F/S)
18:20 - 19:00	Indoor Cycling	Nikki Samways	(S/S)
19:00 - 20:00	Therapeutic Yoga	Jo Guy	(C/R)
19:15 - 20:00	Legs, Bums & Tums	Nikki Samways	(F/S)
19:30 - 20:15	Aqua Circuits	Caroline McKenzie	(S/P)

Friday

08:45 - 09:30	Aqua Fit	Kelly Penn	(S/P)
09:15 - 10:15	Gentle Stretch & Tone	Claire Vanstone	(C/R) *
09:30 - 10:30	Circuits	Tim Offer	(M/H)
09:35 - 10:20	Aqua Fit	Kelly Penn	(S/P)
10:45 - 11:30	Yoga NEW	Claire Vanstone	(F/S)
17:25 - 18:05	Indoor Cycling	Neil Solmon	(S/S)
17:30 - 18:15	Body Pump Express	Rikki Walden	(F/S)
18:10 - 18:55	Circuits	Tim Offer	(M/H)
18:20 - 19:00	Indoor Cycling	Neil Solmon	(S/S)
19:15 - 20:00	Aqua Fit	Lynn Hill	(S/P)

Saturday

07:45 - 08:30	Yoga NEW	Jenny Goldfinch	(C/R)
08:55 - 09:55	Body Pump	Rikki Walden	(F/S)

Sunday

09:00 - 10:00	Super Circuits	Sophie Walker	(C/R)
17:30 - 18:15	A-Plan Workout	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 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	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)
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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

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

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

✉ Station Approach | Broadstone | Dorset | BH18 8AX

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YMCA



THE JUNCTION

PART OF YMCA BOURNEMOUTH



FITNESS CLASS TIMETABLE

▶ W/C 18 July 2022 onwards

thejunctionbroadstone.co.uk

NEW CLASSES

YOGA CLASSES NOW FREE TO GOLD MEMBERS