

**Monday**

06:30 - 07:10	<b>Indoor Cycling</b>	Julia Palmer	(S/S)
06:30 - 07:15	<b>Body Pump Express</b>	Sophie Walker	(F/S)
08:00 - 08:45	<b>Aqua Blast</b>	Kelly Penn	(S/P)
08:45 - 09:30	<b>Gentle Stretch &amp; Tone</b>	Neil Solmon	(F/S)
08:50 - 09:35	<b>Aqua Fit</b>	Kelly Penn	(S/P)
09:00 - 10:00	<b>Pilates Course (C)</b>	Tracy Joyce	(C/R)
09:30 - 10:30	<b>Circuits</b>	Tim Offer	(M/H)
09:35 - 10:20	<b>Beginners Step Aerobics</b>	Neil Solmon	(F/S)
10:15 - 11:15	<b>Pilates Course (C)</b>	Tracy Joyce	(C/R)
10:30 - 11:10	<b>Indoor Cycling</b>	Neil Solmon	(S/S)
10:45 - 11:30	<b>Body Pump Express</b>	Ricky Gill	(F/S)
17:30 - 18:15	<b>Body Pump Express</b>	Rikki Walden	(F/S)
17:45 - 18:30	<b>Insanity</b>	Sophie Walker	(C/R)
18:10 - 19:00	<b>Circuits</b>	Tim Offer	(M/H)
18:20 - 19:00	<b>Indoor Cycling</b>	Gaynor Somerville	(S/S)
18:45 - 19:45	<b>Yoga</b>	Gaia Madden	(C/R)
19:00 - 19:45	<b>Step Aerobics</b>	Neil Solmon	(F/S)
19:05 - 19:55	<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 Culpán	(S/P)
19:55 - 20:40	<b>20/20 Freestyle</b>	Neil Solmon	(F/S)
20:20 - 21:05	<b>Yoga</b>	Julia Palmer	(C/R)

**Tuesday**

06:30 - 07:10	<b>Indoor Cycling</b>	Neil Solmon	(S/S)
06:30 - 07:15	<b>Clubbercise</b>	Ricky Gill	(M/H)
08:15 - 09:00	<b>Aqua Pilates</b>	Kelly Penn	(S/P) T/T
08:15 - 09:00	<b>Exercise To Music</b>	Neil Solmon	(M/H)
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)
09:30 - 10:30	<b>Pilates Course (C)</b>	Tracy Joyce	(C/R)
10:15 - 11:00	<b>Body Pump Express</b>	Rikki Walden	(F/S)
10:30 - 11:15	<b>Aqua Fit</b>	Lynn Hill	(S/P)
10:45 - 11:35	<b>Paracise</b>	Kaaren Admiraal	(C/R)
11:30 - 12:15	<b>Fitness Pilates</b>	Luki Shergill	(F/S)
17:55 - 18:55	<b>Body Pump</b>	Andy	(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)
18:55 - 19:40	<b>Boxercise **</b>	Sophie Walker	(C/R)
19:00 - 20:00	<b>Body Pump</b>	Andy	(F/S)
19:15 - 20:00	<b>Aqua Fit</b>	Lynn Hill	(S/P)
20:15 - 21:15	<b>Pilates Course (C)</b>	Diana McGrail	(C/R)

**\*\* Boxercise**

- Own gloves required.
  - Gloves available to order/purchase, £15.00 per pair.
- Contact us via email: [info@thejunctionbroadstone.co.uk](mailto:info@thejunctionbroadstone.co.uk)

**Wednesday**

06:30 - 07:15	<b>Body Pump Express</b>	Lianne Ede	(F/S)
08:30 - 09:15	<b>Legs, Bums &amp; Tums</b>	Ricky Gill	(C/R)
09:00 - 09:50	<b>Paracise</b>	Kaaren Admiraal	(F/S)
09:15 - 10:00	<b>Yoga</b>	Rali Stefanova	(Bar)
09:30 - 10:15	<b>Clubbercise</b>	Ricky Gill	(C/R)
09:30 - 10:15	<b>A Plan Workout</b>	Tim Offer	(M/H)
10:20 - 11:00	<b>Indoor Cycling</b>	Patricia Llanderal	(S/S)
10:20 - 11:05	<b>Clubbercise</b>	Ricky Gill	(C/R)
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)
18:20 - 18:50	<b>Core Express</b>	Patricia Llanderal	(C/R)
19:00 - 19:40	<b>Indoor Cycling</b>	Sophie Walker	(S/S)
19:00 - 19:45	<b>Dance Workout</b>	Patricia Llanderal	(F/S)
19:05 - 20:00	<b>Circuits</b>	Rikki Walden	(M/H)
19:50 - 20:35	<b>PIYO</b>	Sophie Walker	(F/S)
20:15 - 21:00	<b>Aqua Fit</b>	Holly Selby	(S/P)

**Thursday**

06:30 - 07:10	<b>Indoor Cycling</b>	Rikki Walden	(S/S)
06:30 - 07:15	<b>Clubbercise</b>	Ricky Gill	(M/H)
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)
09:20 - 10:05	<b>Fitness Pilates</b>	Luki Shergill	(F/S)
10:15 - 11:15	<b>Body Pump</b>	Sophie Walker	(F/S)
17:20 - 18:05	<b>A Plan Workout</b>	Tim Offer	(C/R)
17:35 - 18:15	<b>Indoor Cycling</b>	Nikki Samways	(S/S)
18:00 - 18:45	<b>Zumba</b>	Triff Rowe	(F/S)
18:15 - 19:00	<b>Body Pump</b>	Lianne Ede	(C/R)
18:20 - 19:00	<b>Indoor Cycling</b>	Nikki Samways	(S/S)
19:05 - 19:50	<b>Legs, Bums &amp; Tums</b>	Nikki Samways	(F/S)
19:15 - 20:15	<b>Therapeutic Yoga</b>	Jo Guy	(C/R)
20:00 - 20:45	<b>Aerobercise</b>	Holly Selby	(F/S)

**Fitness Class Fees >>>**

Gold Members		Bronze Members		Non Members		Indoor Cycling		Access To Leisure	
55/60 minutes	FREE	55/60 minutes	£5.10	55/60 minutes	£6.60	Gold Members	FREE	55/60 minutes	£3.30
45/50 minutes	FREE	45/50 minutes	£4.50	45/50 minutes	£6.00	Bronze Members	£4.60	45 minutes	£3.00
30 minutes	FREE	30 minutes	£4.00	30 minutes	£5.50	Non Members	£6.10	30 minutes	£2.75

**Friday**

06:30 - 07:10	<b>Indoor Cycling</b>	Sophie Walker	(S/S)
06:30 - 07:15	<b>Body Pump Express</b>	Lianne Ede	(F/S)
08:00 - 08:40	<b>Aqua Pilates</b>	Kelly Penn	(S/P)
08:45 - 09:30	<b>Aqua Fit</b>	Kelly Penn	(S/P)
09:30 - 10:30	<b>Gentle Stretch &amp; Tone</b>	Claire Vanstone	(F/S)
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 - 11:10	<b>Indoor Cycling</b>	Patricia Llanderal	(S/S)
10:45 - 11:30	<b>Yoga</b>	Claire Vanstone	(C/R)
10:45 - 11:30	<b>Body Pump Express</b>	Ricky Gill	(F/S)
17:25 - 18:05	<b>Indoor Cycling</b>	Gaynor/Lianne	(S/S)
17:30 - 18:15	<b>Body Pump Express</b>	Rikki Walden	(F/S)
17:30 - 18:15	<b>Yoga</b>	Julia Palmer	(C/R)
18:10 - 18:55	<b>Circuits</b>	Tim Offer	(M/H)
18:20 - 19:00	<b>Indoor Cycling</b>	Gaynor/Lianne	(S/S)
19:15 - 20:00	<b>Aqua Fit</b>	Juliet Carey	(S/P)

**Saturday**

07:45 - 08:30	<b>Yoga</b>	Julia Palmer	(M/H)
08:40 - 09:20	<b>Indoor Cycling</b>	Julia Palmer	(S/S)
08:55 - 09:55	<b>Body Pump</b>	Rikki Walden	(F/S)

**Sunday**

08:15 - 09:00	<b>Yoga</b>	Julia Palmer	(C/R)
09:00 - 10:00	<b>Super Circuits</b>	Sophie Walker	(F/S)
17:30 - 18:15	<b>A-Plan Workout</b>	Tim Offer	(M/H)

**Location Key >>>**

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

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

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

**Aerobicise** > A fun 45 minutes of light exercise - easy to follow aerobics moving to the greatest hits! Simple moves to get you burning calories! We may also work with light weights to target arms and core! Perfect for beginners too!

**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.

**Aqua Pilates** > Fitness Pilates will strengthen and tone weak muscles and improve flexibility by lengthening tight muscles. All level and abilities welcome.

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

**Boxercise** > A fun, energetic class that's perfect to do with friends. Great HIIT workout (high intensity interval

training), from quick punches to fast feet, all the movements will be sure to raise your heart rate. Improves agility, stamina and co-ordination ... PLUS burns calories. Perfect stress buster at the end of a busy day.

**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.

**Clubbercise** > You'll work up a sweat to a soundtrack of club anthems from 90's classics to the latest chart hits. Clubbercise routines are a mix of dance, toning and combat, they are easy-to-follow and always have high or low impact options to suit all fitness levels.

**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.

**Exercise to Music** > No matter your fitness level or your goals this class is super fun and will leave you smiling and feeling accomplished!

**Fitness Pilates** > We focus on core, glutes and legs. Fitness Pilates addresses basic postural imbalances, improves back and core strength and enhances mobility and flexibility in a non-intimidating, fun and enjoyable class set to music. It is an all-inclusive programme designed to strengthen weaker areas of the body and is suitable for all levels of fitness and the general healthy adult.

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

**HIIT Fit NEW** > An invigorating full body workout that combines bursts of high-intensity exercises with brief recovery periods.

**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** > 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 Course** > 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.

## Important Information:

- Members can book online/by phone 6 (144 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
- Full timetable can be found online

✉ Station Approach | Broadstone | Dorset | BH18 8AX

☎ 01202 77766

✉ enquiries@thejunctionbroadstone.co.uk

See alternative  
timetable for  
Bank Holidays

# YMCA



THE JUNCTION

PART OF YMCA BOURNEMOUTH

# Fitness Classes

W/C 7 April 2025 onwards



YMCA

Here for young people  
Here for communities  
Here for you

thejunctionbroadstone.co.uk

Station Approach | Broadstone | BH18 8AX | T: 01202 77766

