

Monday

06:30 - 07:10	Indoor Cycling	Julia Palmer	(S/S)	06:30 - 07:15	Body Pump Express	Lianne Ede	(F/S)	06:30 - 07:10	Indoor Cycling	Sophie Walker	(S/S)
06:30 - 07:15	Body Pump Express	Sophie Walker	(F/S)	08:30 - 09:15	Legs, Bums & Tums	Ricky Gill	(C/R)	06:30 - 07:15	Body Pump Express	Lianne Ede	(F/S)
08:00 - 08:45	Aqua Blast	Kelly Penn	(S/P)	09:00 - 09:45	Fitness Pilates - NEW	Lauren Younger	(F/S)	08:00 - 08:40	Aqua Pilates	Kelly Penn	(S/P)
08:45 - 09:30	Gentle Stretch & Tone	Neil Solmon	(F/S)	09:15 - 10:00	Yoga	Rali Stefanova	(Bar)	08:45 - 09:30	Aqua Fit	Kelly Penn	(S/P)
08:50 - 09:35	Aqua Fit	Kelly Penn	(S/P)	09:30 - 10:15	Clubbercise	Ricky Gill	(C/R)	09:30 - 10:30	Gentle Stretch & Tone	Lianne Ede	(F/S)
09:00 - 10:00	Pilates Course (C)	Tracy Joyce	(C/R)	09:30 - 10:15	Body Pump Express	Sophie Walker	(M/H)	09:30 - 10:30	Circuits	Charlotte Offer	(M/H)
09:30 - 10:30	Circuits	Sophie Walker	(M/H)	10:20 - 11:05	Clubbercise	Ricky Gill	(C/R)	09:30 - 10:30	Aqua Fit	Kelly Penn	(S/P)
09:35 - 10:20	Beginners Step Aerobics	Neil Solmon	(F/S)	10:30 - 11:10	Indoor Cycling	Sophie Walker	(S/S)	09:35 - 10:20	Indoor Cycling	Lianne Ede	(S/S)
10:15 - 11:15	Pilates Course (C)	Tracy Joyce	(C/R)	12:00 - 12:45	Body Pump Express	Lianne Ede	(F/S) (T/T)	10:40 - 11:20	Yoga	Sam Mitchell	(C/R)
10:30 - 11:10	Indoor Cycling	Neil Solmon	(S/S)	18:00 - 18:45	Body Pump Express	Sophie Walker	(F/S)	10:45 - 11:30	Step Aerobics	Ricky Gill	(F/S)
10:45 - 11:30	Body Pump Express	Ricky Gill	(F/S)	18:00 - 18:45	Indoor Cycling	Neil Solmon	(M/H)	10:45 - 11:30	Body Pump Express	Rikki Walden	(F/S)
11:30 - 12:30	Pilates Course (C) - NEW	Tracy Joyce	(C/R)	18:15 - 18:55	Core Express	Rikki Walden	(S/S)	11:40 - 12:25	LIIT Class	Lianne Ede	(F/S)
12:30 - 13:15	Dance Workout	Clare Nicholas	(F/S)	18:20 - 18:50	Indoor Cycling	Patricia Llanderal	(C/R)	17:30 - 18:10	Indoor Cycling	Gaynor Somerville	(S/S)
13:45 - 14:45	Pilates Course (C)	Rali Stefanova	(C/R)	19:00 - 19:40	Step Aerobics	Sophie Walker	(S/S)	17:30 - 18:15	Body Pump Express	Rikki Walden	(F/S)
17:30 - 18:15	Body Pump Express	Rikki Walden	(F/S)	19:00 - 19:45	Dance Workout	Patricia Llanderal	(F/S)	17:30 - 18:15	Yoga	Julia Palmer	(C/R)
17:45 - 18:30	Insanity	Sophie Walker	(C/R)	19:05 - 20:00	Circuits	Rikki Walden	(M/H)	18:00 - 18:45	Circuits	Lianne Ede	(M/H)
18:10 - 19:00	Circuits	Charlotte Offer	(M/H)	19:50 - 20:35	PIYO	Sophie Walker	(F/S)	18:20 - 19:00	Indoor Cycling	Gaynor Somerville	(S/S)
18:20 - 19:00	Indoor Cycling	Gaynor Somerville	(S/S)	20:15 - 21:00	Aqua Fit	Rali Stefanova	(S/P)	19:15 - 20:00	Aqua Fit	Juliet Carey	(S/P)

Tuesday

06:30 - 07:10	Indoor Cycling	Neil Solmon	(S/S)	06:30 - 07:10	Indoor Cycling	Rikki Walden	(S/S)	07:45 - 08:30	Yoga	Julia Palmer	(M/H)
06:30 - 07:15	Clubbercise	Ricky Gill	(M/H)	06:30 - 07:15	Clubbercise	Ricky Gill	(M/H)	08:40 - 09:20	Indoor Cycling	Julia Palmer	(S/S)
08:00 - 08:45	PIYO	Clare Nicholas	(C/R)	07:35 - 08:20	Yoga	Luki Shergill	(C/R)	08:55 - 09:55	Body Pump	Rikki Walden	(F/S)
08:15 - 09:00	Aqua Pilates	Kelly Penn	(S/P) T/T	08:30 - 09:15	Gentle Stretch & Tone	Rachel Klein	(F/S)	08:15 - 09:00	Yoga	Julia Palmer	(C/R)
08:15 - 09:00	Exercise To Music	Neil Solmon	(M/H)	09:20 - 10:00	Indoor Cycling	Sophie Walker	(S/S)	09:00 - 10:00	Super Circuits	Sophie Walker	(F/S)
09:10 - 09:55	Legs, Bums & Tums	Kelly Penn	(M/H) T/T	18:15 - 19:00	Body Pump	Luki Shergill	(F/S)	10:15 - 10:55	Indoor Cycling	Lianne Ede	(S/S)
09:30 - 10:10	Indoor Cycling	Neil Solmon	(S/S)	18:20 - 19:00	Indoor Cycling	Nikki Samways	(S/S)	17:30 - 18:15	A-Plan Workout	Charlotte Offer	(M/H)
09:30 - 10:30	Pilates Course (C)	Tracy Joyce	(Bar)	19:05 - 19:50	Legs, Bums & Tums	Nikki Samways	(F/S)				
09:45 - 10:35	Paracise - NEW	Kaaren Admiraal	(C/R) T/T	19:15 - 20:15	Therapeutic Yoga	Jo Guy	(C/R)				
10:15 - 11:00	Body Pump Express	Rikki Walden	(F/S)	20:00 - 20:45	Aerobercise	Holly Selby	(F/S)				

Fitness Class Fees >>>

Gold Members	Bronze Members	Non Members	Indoor Cycling	Access To Leisure
55/60 minutes	FREE	£5.30	£6.80	55/60 minutes £3.50
45/50 minutes	FREE	£4.70	£6.20	Bronze Members £4.80
30 minutes	FREE	£4.20	£5.70	Non Members £6.30

** Boxercise - Own gloves required. - Gloves available to order/purchase, £15.00 per pair.

**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.

Aerobercise > 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.

LIIT Workout > Ignite your entire body with this low-impact workout! Our LIIT (Low-Impact Interval Training) class delivers a full body burn perfect for all fitness levels. Move at your own pace with the option to use a variety of equipment, or just your bodyweight.

It's sweat, strength, and stability in one powerful session!

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

Insanity > An invigorating full body workout that combines bursts of high-intensity exercises with brief recovery periods.

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.

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 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 £3.00 will be charged for no-shows
- Full timetable can be found online

✉ Station Approach | Broadstone | Dorset | BH18 8AX

☎ 01202 777766

✉ enquiries@thejunctionbroadstone.co.uk

See alternative
timetable for
Bank Holidays

YMCA



THE JUNCTION
PART OF YMCA BOURNEMOUTH

Fitness Classes

W/C 12 January 2026 onwards



YMCA

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