

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 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 Blitz > A full-body fitness class designed to boost your strength, stamina and overall fitness. Starting with a cardio warm-up, you'll move through squats, lunges, weights, shoulder and bicep exercises, and finish with core work for a complete workout.

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

BODYCOMBAT™ > A high-energy martial arts-inspired workout that fuels cardio fitness and strengthens your whole body. This no-contact class will improve your agility, speed, and release stress to

leave you feeling empowered.

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.

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.

Shape and Tone > This class is designed to improve muscle definition, strength and overall body contouring through low-impact, high repetition exercises, often set to music. These sessions typically incorporate elements of Pilates, barre and light resistance training to target core, glutes and legs for a full-body workout.

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

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See alternative
timetable for
Bank Holidays

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Fitness Classes

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100+
CLASSES
PER WEEK