YMCA CAMBRIDGE GYM

Part of YMCA Fitness Group

YMCA

Class Timetable

www.ymcafitness.org.uk

Charity No: 1069810

Yolande, a Yoga instructor at our Cambridge gym

Exercise Classes

Monday	Class	Level	Instructor
10:00 - 11:00	Barre Fit	All	Alice
18:00 - 19:00	HiiT	All	Jen
18:15 - 19:15	**Pole Fit *NEW***	All	Hazel/James
18:30 - 19:30	Dynamic Hatha Yoga	All	Leyla

Tuesday	Class	Level	Instructor
10:00 - 11:00	Yoga	All	Leyla
18:00 - 18:45	Step Aerobics	All	Aymen
18:30 - 19:15	Jazzercise	All	Molly
19:00 - 20:00	Thighs, Tums & Bums	All	Steve
19:15 - 20:15	Thai Boxing	All	Chris

Wednesday	Class	Level	Instructor
11:00 - 12:00	Pilates	Beg/Int	Su Kim
12:30 - 13:30	Boot Camp	All	Tony
18:00 - 18:50	StrongByZ	All	Alicia
18:30 - 19:30	Yoga Flow	Int/Adv	Susana
19:00 - 19:45	Step and Tone	All	Steve

Thursday	Class	Level	Instructor
10:00 - 10:45	Bounce Dance Fit	All	Alice
18:00 - 19:00	Dynamic Hatha Yoga	All	Leyla
18:15 - 19:10	Zumba	All	Victor
19:30 - 20:30	Martial Arts and Self Defence	All	Susana

Friday	Class	Level	Instructor
10:00 - 11:00	Tai Chi	All	Malcolm
12:30 - 13:30	Sivananda Yoga	All	Yolande
18:00 - 19:00	Power Yoga	All	Susana
19:15 - 20:15	Acro & Handstands	All	Susana

Saturday	Class	Level	Instructor
10:00 - 11:00	Zumba	All	Marta

Sunday	Class	Level	Instructor
10:00 - 11:00	Tai Chi	All	Malcolm
11:30 - 12:30	Yoga Flow	All	Susana

KEY

Energise & Burn
High energy classes burn calories and improve fitness

Strengthen & Condition
Strengthen and tone your muscles while burning calories

Mind & Body
Physical relaxation and mental invigoration, promoting good posture

*We reserve the right to cancel or change classes without or at short notice. Please follow our social media for daily updates.

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Class Description

Acro Yoga & Handstands
Three people form a team, building strength, balance, flexibility and confidence.

Barre Fit
Work on core strength by combining toning exercises, Pilates, and ballet barre work.

Boot Camp
Outdoors, Fast Twitch Training style. Each class focuses on different muscle groups to give you a hardcore, full body workout each week

Bounce Dance Fit
Different style of street dance to 60's, 70's and 80's music. Easy choreography. Fun & New.

Dynamic Hatha Yoga
An energising and relaxing yoga, with lots of movement, body-awareness and breathing. Enhancing performance and longevity in sports and functional movement in every day life.

HiiT
A mixture of adaptable cardiovascular and strength training, short bursts of maximum effort, alternated with short recovery periods.

Jazzercise
A dynamic mix of aerobic activity combined with technical jazz steps incorporated into a routine to popular music.

Martial Arts & Self-Defence
Learn unique techniques employing pressure points, levers, and self-defence in a non-competitive environment

Pilates
For experienced exercisers. A full workout with strength work using bands, rings, and glides as well as traditional mat-based Pilates exercises.

Pole Fit
Using Pole Dancing to build strength, burn calories, improve flexibility and build body confidence.

Power Yoga
Vigorous fitness based approach to vinyasa style yoga.

Sivananda Yoga
Unwind, rejuvenate and enjoy a gentle approach to yoga. Release tensions, work towards increased flexibility and strength.

Step Aerobics
Choreographed routines using a step, with a cardiovascular endurance, fat burner and conditioning section.

Step & Tone
Easy to follow cardio and toning workout using a step box, together with body conditioning exercises.

StrongByZ
Combine a killer bodyweight boot camp type workout with party vibes and pumped-up music. Get in the party mood with StrongbyZ

Tai Chi
Increase flexibility and balance, a graceful form of exercise that's now used for stress reduction and a variety of other health conditions.

Thai Boxing
Learn the punch and kick techniques of the ancient martial art, including using the elbows and knees.

Thighs, Tums & Bums
A toning class for those areas you love to target! Standing and mat work only, no difficult choreography to master, suitable for all ages and abilities.

Yoga
A gentle flow. Learn the basic Yoga poses and learn how to breathe. This class is great to give you the foundation to do Ashtanga Yoga.

Yoga Flow
For those with some Yoga experience. You will be lead through set sequences of postures leading to 'peak' postures.

Zumba
Latin inspired, easy to follow fitness dance routines, with a party atmosphere.

Gym Open 24 Hours a Day, 7 Days a Week

FOR FURTHER INFORMATION PLEASE CONTACT :

YMCA

YMCA Cambridge Gym, Queen Anne House, Gonville Pl, Cambridge, CB1 1ND
01223 356998 | www.ymcafitness.org.uk

Jan 2020

This isn't just a gym membership...

it's a contribution to our charitable work.

We are Charity

With your help we offer:

- A safe place to live
- Training opportunities
- Help, support and advice
- The chance for young people to fulfil their potential

Affordable Gym & Classes

From only £12.99 per month

- Standard direct debit membership £18.99 per month
- Youth membership (13 - 17 years) £12.99 per month
- Concessions (students, 60+ and members on low incomes) £12.99 per month
- Non members £6 per session