

CLASS DESCRIPTIONS



We have a fab range of classes to suit all tastes and abilities here at the YMCA. All of our teachers are qualified and fully experienced.

HIGH ENERGY	
Help increase energy levels, burn calories and improve your fitness.	
Circuit training	Let your instructor motivate you with this brilliant all round station based workout which incorporates aerobic and muscular strength, work at your own level.
Aeorbics	Fun routines set to motivating music.
20/20/20	Variety is the spice of life!!! 20 min aerobics, 20 min body conditioning and 20 min fitness pilates.
Spin	A fab workout on a static bike, with little coordination required.
Total Fitness	this hi energy interval resistance training class is the perfect start to the day.

MARTIAL ARTS	
We have an extensive range of classes to suit all tastes, ranges and abilities.	
Boxing Circuits	A total body workout with stations based around boxing.
M.M.A. Circuits	A mixed martial art experience in a circuit format.
Tae Kwon Do	An intense martial arts class focusing on punching and kicking technique.
Capoira	Try something new – this class is based on a Brizilian martial art form.

DANCE	
These fun classes will help co-ordination while you learn new dance moves.	
Street Dance	Learn funky dance moves to the latest grooves.
Hip Hop	Learn cheographed routines that wouldn't be out of place on MTV!!
Zumba	Fun and easy to follow routines influenced by flamenco, salsa, samba and belly dancing.

MIND & BODY	
Help to promote good posture, flexibility, balance, strength and total well being.	
Pilates	This functional class works on core stability and will ultimately improve posture.
Pilates on the Ball	In this popular Pilates class, the fitball is used to further challenge balance, coordination and core strength.
Supple Strength	A mixture of the best of Yoga and Pilates. This class is perfect to help you relax at the end of the day.
Fitness Yoga	Postures that develop flexibility, balance and co-ordination.

SHAPE & TONE	
These classes will strengthen and tone muscles and improve body shape.	
Pump'N' Tone	This is the ultimate weight training experience.
Body Blitz	Improves tone and definition of all major muscle groups, hand weights and a step may be used.
Core Conditioning	This class focuses on the abs, sides and back with controlled movements for fantastic results.
Abs Circuits	AB ALERT!! A twist to circuits which incorporates abdominal stations.

Our Class Guarantee

At the YMCA we make every effort that our programme is as stated on our timetable and website, from time to time there may be alterations due to holiday and sickness in the event of you turning up and no class taking place a complimentary voucher will be given or refund if you have already paid.

These descriptions along with the latest classes timetable are available on our website

www.bathymca.co.uk