



YMCA Health & Fitness Timetable – August 2010

YMCA, International House, Broad Street Place, Bath. Tel 01225 325913. e-mail: fitness@bathymca.co.uk
Gym Opening times – Monday to Friday 6.30am-10.00pm. Saturday & Sunday 8.30am – 7pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.45-7.30am BODY PUMP Les Mills All Levels Amber Edenbrow				9.15-10.15am CIRCUITS All Levels Amber Edenbrow	
	10.00-11.00am FIT FOR LIFE Beginners Mary Flynn		10.00-11.00am PILATES All Levels Polly Matterson		10.30-11.30am BODY PUMP All Levels Amber	10.30-11.30am KARATE All Levels Chris Dagnan
12.30-1.15pm BODY BLITZ All Levels Sharon Gardner	12.30-1.15pm PURE PILATES Beginners Ali Burrell	12.30-1.15pm PILATES All Levels Becky Gibson	12.30-1.15pm BODY PUMP All Levels Craig Tanner	12.30-1.15pm PILATES on ball All Levels Ali Burrell	11.30-12.30pm PILATES All Levels Emma Noakes	
5.30-6.15pm BODY PUMP Les Mills All Levels Kat Benson	5.30-6.15pm CORE CONDITIONING Martin Hall	5.30-6.15pm TAKE 3 All Levels Hannah Dabbour	5.30-6.15pm AB CIRCUITS All Levels Simon Watson			
6.30-7.30pm SUPER CIRCUITS All Levels Kat Benson	6.30-7.30pm BOXING CIRCUITS All Levels Martin Hall	6.30-7.30pm CIRCUITS All Levels Matt Depledge	6.30-7.30pm KICK BOX All Levels Susan Phillips		 Children's Dance Parties Enquire at reception	 Children's Dance Parties Enquire at reception
7.30-8.30pm SUPPLE STRENGTH All Levels Hanna Dabbour	7.30-8.30pm FITNESS YOGA All Levels Danielle Collins	7.30-8.30pm SUPPLE STRENGTH (Pilates/Yoga based) Hanna Dabbour	7.30-8.30pm BODY PUMP All Levels Craig Tanner	7.00-8.00pm TAE KWON DO All Levels Martin Beard		
	8.30-9.30pm KARATE All Levels Chris Dagnan					



YMCA SPIN – August 2010

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00-7.45am SPIN CLASS All Levels Jon Allen		6.45-7.30am SPIN CLASS All Levels Jon Allen	6.45-7.30am SPIN CLASS All Levels Amber Edenbrow	6.45-7.30am SPIN CLASS All Levels Craig Tanner		
						10.45-11.30am IN-HOUSE SPIN All Levels Various Teachers
6.15-7.00pm SPIN CLASS All Levels Amber Edenbrow	6:15pm -7:00pm IN-HOUSE SPIN All Levels Various teachers	6.15-7.00pm SPIN CLASS All Levels Neil Walshaw	6.30-7.15pm SPIN CLASS All Levels Simon Watson			<div style="border: 1px solid black; padding: 5px;"> <p>New Class TAKE 3</p> <p><i>Fusion of aerobics body conditioning & fitness Pilates Wednesdays from 8th with Hannah</i></p> </div>

Members	£2.80
Non Members / Les Mills & Spin	£4.00
45 minute classes	£3.00

August Bring-a-Buddy

During August, Class Members can bring a guest for just £1
You can phone and book your guest into a class with you (subject to availability)