



## YMCA Health & Fitness Timetable – May 2012

YMCA, International House, Broad Street Place, Bath. Tel 01225 325913. e-mail: [fitness@bathymca.co.uk](mailto:fitness@bathymca.co.uk)

Gym Opening times – Monday to Friday 6.30am-10.00pm. Saturday & Sunday 8.30am – 7pm



The Wellness Company™

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.45-7.30am <b>KETTLEBELL</b> All Levels Matt Depledge				9.15-10.15am <b>CIRCUITS</b> All Levels Andy Brightmore	
	10.00-11.00am <b>STRETCH&amp;TONE</b> All Levels Mary Flynn		10.00-11.00am <b>STRETCH&amp;TONE</b> All Levels Mary Flynn		10.30-11.30am <b>BODY PUMP</b> All Levels Kat Benson	10.00-10.45am <b>KETTLEBELL</b> All Levels Dave Bowler
12.30-1.15pm <b>BODY BLITZ</b> All Levels Sharon Gardner	12.30-1.15pm <b>PURE PILATES</b> Beginners Kerrie Hall	12.30-1.15pm <b>YOGA</b> All Levels Chris Madin	12.30-1.15pm <b>BODY PUMP</b> All Levels Craig Tanner	12.30-1.15pm <b>PILATES on ball</b> All Levels Ali Burrell	11.30-12.30pm <b>PILATES</b> All Levels Danielle Collins	
5.30-6.15pm <b>BODY PUMP</b> Les Mills All Levels Craig Tanner	5.30-6.15pm <b>CORE</b> <b>CONDITIONING</b> Martin Hall	5.30-6.15pm <b>ZUMBA</b> All Levels Mel West	5.30-6.15pm <b>KETTLEBELL</b> All Levels Dave Bowler	5.30-6.15pm <b>ZUMBA</b> All Levels Mirella Luciani	12.30-1.10pm <b>FACE YOGA</b> All Levels Danielle Collins	
6.30-7.30pm <b>SUPER CIRCUITS</b> All Levels Simon Watson	6.30-7.30pm <b>BOXING CIRCUITS</b> All Levels Martin Hall	6.30-7.30pm <b>TOUGH GUY CIRCUITS</b> Intermediate Matt Depledge	6.30-7.30pm <b>BOXERCISE</b> All Levels Dave Bowler		 <b>Children's Parties</b> (enquire at reception)	 <b>Children's Parties</b> (enquire at reception)
7.30-8.15pm <b>ZUMBA</b> All Levels Mel West	7.30-8.30pm <b>FITNESS YOGA</b> All Levels Danielle Collins	7.30-8.30pm <b>SUPPLE STRENGTH</b> (Pilates/Yoga based) Mirella Luciani	7.30-8.30pm <b>BODY PUMP</b> All Levels Craig Tanner	7.00-8.00pm <b>TAE KWON DO</b> All Levels Andy Rumbles	 <b>Hen Dance</b> <b>Zumba Parties</b> (enquire at reception)	 <b>Spin the Party</b> © ZUMBA
						 Cardio based:  Conditioning/Weight:  Body&Soul:



## Bath YMCA Spin & Timetable – May 2012

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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 <b>SPIN CLASS</b> All Levels Jon Allen		6.45-7.30am <b>SPIN CLASS</b> All Levels Jon Allen	6.45-7.30am <b>SPIN CLASS</b> All Levels Jon Allen	6.45-7.30am <b>SPIN CLASS</b> All Levels Craig Tanner		
	1:00-1:45pm <b>GYM CIRCUITS</b> Tuesday 8 <sup>th</sup> May Andy Brightmore					10.45-11.30am <b>IN-HOUSE SPIN</b> All Levels Various Teachers
6.15-7.00pm <b>SPIN CLASS</b> All Levels Jenna Moore	6:15pm-7:00pm <b>IN-HOUSE SPIN</b> All Levels Various teachers	6.15-7.00pm <b>SPIN CLASS</b> All Levels Neil Walshaw	6.30-7.15pm <b>SPIN CLASS</b> All Levels Simon Watson			<b>No Classes On</b> <b>7<sup>th</sup> May Bank</b> <b>Holiday</b>
						 <b>ZUMBA</b> FITNESS Monday, Wednesday and Friday

Members **£2.80**

Non Members / Kettlebell,  
Face Yoga, Les Mills,  
Zumba & Spin **£4.00**

45 minute  
Classes **£3.30**

*Come and try our new **FACE YOGA** class with Danielle Collins*

*Face yoga is a fun and pampering combination of face exercises, face massage, face acupressure and face relaxation. It is a natural way of looking and feeling younger and healthier with an added sense of relaxation and wellbeing. It works by toning the face muscles so the skin attached to these muscles is tightened and firmed giving natural anti-aging effects. It also releases tension, reduces headaches and improves overall skin tone.*

*Only £4:00 at the YMCA on Saturdays 12:30 - 1:10pm*

[www.bathymca.co.uk](http://www.bathymca.co.uk)