

# FITNESS CLASSES

W/C 20<sup>th</sup> March 2017 >>>

## MONDAY

<b>INSANITY</b> 6.30am - 7.15am Sophie Walker (C/R)
<b>Gentle Stretch &amp; Tone</b> 8.30am - 9.30am Rachel Klein (F/S)
<b>Aqua Fit</b> 9.00am - 9.45am Kelly Penn (S/P)
<b>Indoor Cycling</b> 9.30am - 10.10am Sascha Whiteley (S/S)
<b>Circuits</b> 9.30am - 10.30am Tim Offer (M/H)
<b>Body Pump Express •</b> 5.30pm - 6.15pm Rikki Walden (F/S)
<b>Indoor Cycling</b> 6.15pm - 6.55pm Kelly Batchelor (S/S)
<b>Ab's &amp; Core</b> 6.20pm - 6.50pm Rikki Walden (F/S)
<b>Yoga</b> 7.00pm - 8.00pm Gaia Madden (F/S) ♦
<b>Circuits</b> 7.00pm - 8.00pm Rikki Walden (M/H)
<b>Indoor Cycling</b> 7.00pm - 7.40pm Kelly Batchelor (S/S)
<b>Aqua Zumba</b> 7.30pm - 8.15pm Lauren Sibley (S/P)



## TUESDAY

<b>Indoor Cycling</b> 6.35am - 7.15am Sophie Walker (S/S)
<b>Legs, Bums &amp; Tums</b> 9.10am - 9.55am Kelly Penn (M/H) (T/T)
<b>Indoor Cycling</b> 9.30am - 10.10am Sascha Whiteley (S/S)
<b>Aqua Zumba</b> 10.00am - 10.45am Kelly Penn (S/P)
<b>P90X - NEW</b> 10.35am - 11.20am Sophie Walker (F/S)
<b>Gentle Stretch &amp; Tone</b> 11.30am - 12.25pm Jane Alexander (F/S) *
<b>Meta-Fit™</b> 5.30pm - 6.00pm Sophie Walker (F/S)
<b>Boxercise</b> 6.00pm - 6.45pm Sophie Walker (C/R)
<b>Indoor Cycling</b> 6.10pm - 6.50pm Rikki Walden (S/S)
<b>Insanity - NEW</b> 6.50pm - 7.35pm Sophie Walker (C/R)
<b>Body Pump •</b> 7.00pm - 8.00pm Andy Gray (F/S)
<b>Aqua Fit</b> 7.15pm - 8.00pm Lynn Hill (S/P)



## WEDNESDAY

<b>Insanity</b> 6.30am - 7.15am Sophie Walker (C/R)
<b>Zumba Gold</b> 8.45am - 9.30am Jane Alexander (F/S)
<b>Zumba Gold</b> 9.30am - 10.25am Jane Alexander (F/S)
<b>A Plan Workout</b> 9.30am - 10.30am Tim Offer (M/H)
<b>Meta-Fit™</b> 10.35am - 11.05am Sophie Walker (F/S)
<b>Body Pump Express •</b> 6.15pm - 7.00pm Sophie Walker (F/S)
<b>Indoor Cycling</b> 6.20pm - 7.00pm Rikki Walden (S/S)
<b>Circuits</b> 7.05pm - 8.05pm Rikki Walden (M/H)
<b>Zumba</b> 7.10pm - 7.55pm Caroline McKenzie (F/S)
<b>Indoor Cycling (Beg/Imp)</b> 7.10pm - 7.50pm Sophie Walker (S/S)



## THURSDAY

<b>Indoor Cycling</b> 6.35am - 7.15am Rikki Walden (S/S)
<b>50+ Stretch &amp; Tone</b> 8.15am - 9.15am Kelly Batchelor (F/S) *
<b>Zumba</b> 9.30am - 10.25am Jane Alexander (F/S)
<b>Indoor Cycling</b> 9.35am - 10.15am Tim Offer (S/S)
<b>Body Pump Express •</b> 10.30am - 11.15am Sophie Walker (F/S)
<b>A Plan Workout - NEW</b> 6.00pm - 6.45pm Tim Offer (C/R)
<b>Zumba</b> 6.10pm - 6.55pm Caroline McKenzie (F/S)
<b>Indoor Cycling (Int)</b> 6.20pm - 7.00pm Nikki Samways (S/S)
<b>Legs, Bums &amp; Tums</b> 7.00pm - 7.45pm Nikki Samways (F/S)
<b>Therapeutic Yoga</b> 7.00pm - 8.00pm Gaia Madden (C/R) ♦



## FRIDAY

<b>Zumba</b> 8.00am - 8.45am Kelly Penn (F/S)
<b>Aqua Fit</b> 8.50am - 9.35am Kelly Penn (S/P)
<b>Gentle Stretch &amp; Tone</b> 9.15am - 10.15am Rachel Klein (F/S) *
<b>Circuits</b> 9.30am - 10.30am Tim Offer (M/H)
<b>Aqua Fit</b> 9.40am - 10.25am Kelly Penn (S/P)
<b>PiYo - NEW</b> 10.30am - 11.15am Clare Nicholas (F/S)
<b>Body Pump Express •</b> 5.30pm - 6.15pm Rikki Walden (F/S)
<b>Indoor Cycling (Beg/Imp)</b> 5.30pm - 6.10pm Sophie Walker (S/S)
<b>Circuits - NEW</b> 6.10pm - 6.55pm Tim Offer (M/H)
<b>INSANITY</b> 6.30pm - 7.15pm Sophie Walker (F/S)
<b>Aqua Fit</b> 7.15pm - 8.00pm Lynn Hill (S/P)



# THE JUNCTION

PART OF YMCA BOURNEMOUTH

## SATURDAY

<b>Body Pump •</b> 8.55am - 9.55am Rikki Walden (F/S)
<b>Indoor Cycling</b> 10.00am - 10.40am Rikki Walden (S/S)



## SUNDAY

<b>Super Circuits</b> 9.00am - 10.00am Sophie Walker (M/H)
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**Gold Membership**

**Pilates Courses**  
See Reception/  
Website for details.

from as little as  
**£19.99 per month**

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**50+ Stretch and Tone**

An aerobic, tone and trim session. Great social atmosphere for the 50+ fitness user.

**Abs & Core**

Strengthen the important muscles which help improve posture, prevent injury, improve performance and look better.

**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 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 (Sandra's)**

A fast paced, fun class, set to music in the warmest pool in the area! Suitable for all levels of fitness.

**Aqua Zumba**

Jump into this amazing, latin-inspired, easy to follow, calorie burning, dance fitness party in the Pool. A fantastic workout for all, using motivational zumba music, it gives a total body workout, against the resistance of the water with no impact issues for joints. If you are looking for something different, then this is for you. Members and Non-members alike are invited to enjoy this fun filled class

**Beginners Indoor Cycling**

A class designed for new people/novices who want to give Indoor Cycling a try, with clear and insightful instruction whilst having a lot of fun!

**Body Pump/Body Pump Express**

The original barbell class. Tones the whole body with hot sounds and compelling choreography for just about everybody.

**Boxercise**

The toning, stress busting workout that delivers the biggest punch!

**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.

**Gentle Stretch and Tone**

An aerobic, tone and trim session. Great social atmosphere for the 50+ fitness user.

**Indoor Cycling**

Indoor studio cycling session. Highly motivating and a fantastic way to burn lots of calories.

**Insanity**

A total body circuit based workout to get you in the best shape of your life, both looking and performing.

**Legs, Bums and Tums**

Ladies it says it all in the title. Blitz those hard to hit areas.

**Metafit™**

This is the original HIIT workout it is an effective but simple routine that uses large muscle groups and high intensity intervals to burn fat and achieve rapid results.

**Pilates**

Helps to develop the awareness of our bodies enabling us to improve posture, core strength and flexibility. It builds strength from the inside out, working on deep postural muscles and neutral alignment.

**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. We crank up the music, the speed, and the fun to give you a thrilling workout that will burn crazy calories for a long, lean, beautiful physique. Blending dynamic poses with fluid movements, you'll build strength, burn calories, and improve flexibility, athleticism, and mind-body connection.

**P90X LIVE**

Each workout brings a new challenge, so instead of hitting plateaus, you keep getting fitter with each class you attend! P90X LIVE incorporates strength training, the lean muscle you'll build will supercharge your metabolism to help you burn more fat, even while you sleep!

**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.

**Zumba Gold**

Takes the popular Latin-dance of Zumba, and makes it accessible for beginners to seniors. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.

**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!

Fitness Class Fees >>>

<b>Gold Members</b>		<b>YOGA ♦</b>	
55/60 minutes	FREE	Gold Members	£3.00
45 minutes	FREE	Bronze Members	£4.25
30 minutes	FREE	Non Members	£5.75
		(LIMITED NUMBERS)	
<b>Bronze Members</b>		<b>Indoor Cycling</b>	
55/60 minutes	£4.25	Gold Members	FREE
45 minutes	£3.70	Bronze Members	£3.85
30 minutes	£3.20	Non Members	£5.35
<b>Non Members</b>		<b>Over 50's Classes *</b>	
55/60 minutes	£5.75	Gold Members	FREE
45 minutes	£5.20	Bronze Members	£3.85
30 minutes	£4.70	Non Members	£5.35
<b>Body Pump •</b>			
Gold Members	FREE		
Bronze Members	£4.35		
Non Members	£5.85		
(LIMITED NUMBERS)			

Location Key >>>

M/H	=	Main Hall
S/P	=	Swimming Pool
F/S	=	Fitness Studio
S/S	=	Spinning Studio
C/R	=	Canford Room
(C)	=	Course Fee
T/T	=	Term Time Only

**Pre - 12noon Classes (Monday - Saturday)**

Gold Members	Bookable by phone from 12noon previous day
Bronze Members	Bookable on arrival
Non Members	Bookable on arrival

**Evening Classes (Monday - Friday)**

Gold Members	Bookable by phone from 8.00am on the day
Bronze Members	Bookable by phone from 12noon on the day
Non Members	Bookable on arrival

(Tickets issued no more than 30 minutes before the class)

**N.B. Should a member having booked fail to fulfil their reservation, a £2.00 non-attendance charge will be levied and access to the Leisure Centre will be denied until the fee is paid. Customers may not book a space for another person.**

If you are new to Indoor Cycling please arrive 5 minutes before the class is due to commence so that the instructor may assist you in selecting the correct seating positions and safety points.