

### Monday

06:30 - 07:10	Indoor Cycling	Julia Palmer	(S/S)
06:30 - 07:15	Body Pump Express	Sarah Yates	(F/S)
08:00 - 08:45	Aqua Blast	Kelly Penn	(S/P)
08:45 - 09:45	Gentle Stretch & Tone	Neil Solmon	(F/S)
08:50 - 09:35	Aqua Fit	Kelly Penn	(S/P)
09:00 - 10:00	Pilates Course (C)	Tracy Joyce	(C/R)
09:30 - 10:30	Circuits	Tim Offer	(M/H)
10:15 - 11:15	Pilates Course (C)	Tracy Joyce	(C/R)
10:30 - 11:10	Indoor Cycling	Neil Solmon	(S/S)
10:45 - 11:30	Body Pump Express	Ricky Gill	(F/S)
17:30 - 18:15	Body Pump Express	Rikki Walden	(F/S)
17:45 - 18:30	HIIT Fit	Julia Palmer	(C/R)
18:10 - 19:00	Circuits	Tim Offer	(M/H)
18:20 - 19:00	Indoor Cycling	Gaynor Somerville	(S/S)
18:45 - 19:45	Yoga	Gaia Madden	(C/R)
19:00 - 19:45	Step Aerobics	Neil Solmon	(F/S)
19:05 - 19:55	Circuits	Tim Offer	(M/H)
19:10 - 19:50	Indoor Cycling	Gaynor Somerville	(S/S)
19:45 - 20:30	Aqua Fit	Kirstine Culpan	(S/P)
19:55 - 20:40	20/20 Freestyle	Neil Solmon	(F/S)

### Tuesday

06:30 - 07:10	Indoor Cycling	Neil Solmon	(S/S)
06:30 - 07:15	Clubbercise	Ricky Gill	(M/H)
08:30 - 09:15	Exercise To Music	Neil Solmon	(F/S)
09:10 - 09:55	Legs, Bums & Tums	Kelly Penn	(M/H)
09:30 - 10:10	Indoor Cycling	Neil Solmon	(S/S)
09:30 - 10:30	Pilates Course (C)	Tracy Joyce	(C/R)
10:15 - 11:00	Body Pump Express	Rikki Walden	(F/S)
10:30 - 11:15	Aqua Fit	Lynn Hill	(S/P)
10:45 - 11:35	Paracise	Kaaren Admiraal	(C/R)
11:30 - 12:15	Gentle Stretch & Tone	Jessica Hole	(F/S)
17:25 - 18:05	Indoor Cycling	Lianne Ede	(S/S)
17:55 - 18:55	Body Pump	Andy	(F/S)
18:10 - 18:50	Indoor Cycling	Rikki Walden	(S/S)
18:15 - 19:00	HIIT Fit	Lianne Ede	(C/R)
19:00 - 20:00	Body Pump	Andy	(F/S)
19:15 - 20:00	Aqua Fit	Lynn Hill	(S/P)
20:15 - 21:15	Pilates Course (C)	Diana McGrail	(C/R)

### Wednesday

06:30 - 07:15	Body Pump Express	Lianne Ede	(F/S)
08:30 - 09:15	Legs, Bums & Tums	Ricky Gill	(C/R)
09:00 - 09:50	Paracise	Kaaren Admiraal	(F/S)
09:15 - 10:00	Yoga	Rali Stefanova	(Bar)
09:30 - 10:15	Clubbercise	Ricky Gill	(C/R)
09:30 - 10:15	A Plan Workout	Tim Offer	(M/H)
10:20 - 11:00	Indoor Cycling	Patricia Llanderal	(S/S)
18:00 - 18:45	Body Pump Express	Rikki Walden	(F/S)
18:00 - 18:45	Step Aerobics	Neil Solmon	(M/H)
18:15 - 18:55	Indoor Cycling	Julia Palmer	(S/S)
18:20 - 18:50	Core Express	Patricia Llanderal	(C/R)
19:00 - 19:45	Dance Workout	Patricia Llanderal	(F/S)
19:05 - 20:00	Circuits	Rikki Walden	(M/H)
19:50 - 20:35	PIYO	Patricia Llanderal	(F/S)
20:15 - 21:00	Aqua Fit	Holly Selby	(S/P)

T/T



### Thursday

06:30 - 07:10	Indoor Cycling	Rikki Walden	(S/S)
06:30 - 07:15	Clubbercise	Ricky Gill	(M/H)
08:30 - 09:15	Gentle Stretch & Tone	Rachel Klein	(F/S)
09:20 - 10:00	Indoor Cycling	Rikki Walden	(S/S)
09:20 - 10:05	Fitness Pilates	Luki Shergill	(F/S)
10:15 - 11:15	Body Pump	Rikki Walden	(F/S)
17:20 - 18:05	A Plan Workout	Tim Offer	(C/R)
17:35 - 18:15	Indoor Cycling	Nikki Samways	(S/S)
18:15 - 19:00	Body Pump	Lianne Ede	(C/R)
18:00 - 18:45	Zumba	Triff Rowe	(C/R)
18:20 - 19:00	Indoor Cycling	Nikki Samways	(S/S)
19:05 - 19:50	Legs, Bums & Tums	Nikki Samways	(F/S)
19:15 - 20:15	Therapeutic Yoga	Jo Guy	(C/R)
20:00 - 20:45	Aerobicise	Holly Selby	(F/S)

### Friday

06:30 - 07:10	Indoor Cycling	Julia Palmer	(S/S)
06:30 - 07:15	Body Pump Express	Lianne Ede	(F/S)
08:00 - 08:40	Aqua Pilates	Kelly Penn	(S/P)
08:45 - 09:30	Aqua Fit	Kelly Penn	(S/P)
09:30 - 10:30	Gentle Stretch & Tone	Claire Vanstone	(C/R)
09:30 - 10:30	Circuits	Tim Offer	(M/H)
09:35 - 10:20	Aqua Fit	Kelly Penn	(S/P)
10:30 - 11:10	Indoor Cycling	Patricia Llanderal	(S/S)
10:45 - 11:30	Yoga	Claire Vanstone	(C/R)
10:45 - 11:30	Body Pump Express	Ricky Gill	(F/S)
17:25 - 18:05	Indoor Cycling	TBC	(S/S)
17:30 - 18:15	Body Pump Express	Rikki Walden	(F/S)
17:30 - 18:15	Yoga	Julia Palmer	(C/R)
18:10 - 18:55	Circuits	Tim Offer	(M/H)
18:20 - 19:00	Indoor Cycling	TBC	(S/S)
19:15 - 20:00	Aqua Fit	Juliet Carey	(S/P)

### Saturday

07:45 - 08:30	Yoga	Julia Palmer	(M/H)
08:40 - 09:20	Indoor Cycling	Julia Palmer	(S/S)
08:55 - 09:55	Body Pump	Rikki Walden	(F/S)

### Sunday

08:15 - 09:00	Yoga	Julia Palmer	(C/R)
09:00 - 10:00	Super Circuits	Tim/Lianne	(F/S)
17:30 - 18:15	A-Plan Workout	Tim Offer	(M/H)

## Location Key >>>

M/H = Main Hall  
S/P = Swimming Pool  
F/S = Fitness Studio  
C/R = Canford Room

S/S = Spin Studio  
Bar = Bar Lounge  
(C) = Course Fee Applies  
T/T = Term Time Only

## Fitness Class Fees >>>

### Gold Members

55/60 minutes	FREE
45/50 minutes	FREE
30 minutes	FREE

### Bronze Members

55/60 minutes	£5.10
45/50 minutes	£4.50
30 minutes	£4.00

### Non Members

55/60 minutes	£6.60
45/50 minutes	£6.00
30 minutes	£5.50

### Indoor Cycling

Gold Members	FREE
Bronze Members	£4.60
Non Members	£6.10

### Access To Leisure

55/60 minutes	£3.30
45 minutes	£3.00
30 minutes	£2.75



# Fitness Class Descriptions | All classes 16+ years >>>

**20/20 Freestyle** > 20 minute split of uplifting freestyle aerobics. Dance aerobics followed by step aerobics suitable for everyone. Join the fun, energy and atmosphere.

**Aerobicercise** > A fun 45 minutes of light exercise - easy to follow aerobics moving to the greatest hits! Simple moves to get you burning calories! We may also work with light weights to target arms and core! Perfect for beginners too!

**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 Blast** > This class is for you if you love AquaFit, but want to push yourself that bit harder. Not suitable for beginners

**Aqua Circuits** > A complete workout for all levels from beginners to advanced. Using noodles, water weights and straps to improve endurance, balance and fitness. Work at your own pace: hard or social. Serious or fun. You choose.

**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 (Lynn's)** > A fast paced, fun class, set to music in the warmest pool in the area! Suitable for all levels of fitness.

**Aqua Pilates** > Fitness Pilates will strengthen and tone weak muscles and improve flexibility by lengthening tight muscles. All level and abilities welcome.

**Body Pump/Body Pump Express** > The original barbell class. Tones the whole body with hot sounds and compelling choreography for just about everybody.

**Boxercise** > A fun, energetic class that's perfect to do with friends. Great HIIT workout (high intensity interval

training), from quick punches to fast feet, all the movements will be sure to raise your heart rate. Improves agility, stamina and co-ordination ... PLUS burns calories. Perfect stress buster at the end of a busy day.

**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.

**Clubbercise** > You'll work up a sweat to a soundtrack of club anthems from 90's classics to the latest chart hits. Clubbercise routines are a mix of dance, toning and combat, they are easy-to-follow and always have high or low impact options to suit all fitness levels.

**Core Express** > A 30 minute class with real focus on your core muscles, to aid toning, strength and shape. Participants to warm-up prior to class.

**Exercise to Music** > No matter your fitness level or your goals this class is super fun and will leave you smiling and feeling accomplished!

**Fitness Pilates** > We focus on core, glutes and legs. Fitness Pilates addresses basic postural imbalances, improves back and core strength and enhances mobility and flexibility in a non-intimidating, fun and enjoyable class set to music. It is an all-inclusive programme designed to strengthen weaker areas of the body and is suitable for all levels of fitness and the general healthy adult.

**Gentle Stretch and Tone** > An aerobic, tone and trim session. Great social atmosphere. All ages and abilities welcome.

**HIIT Fit NEW** > An invigorating full body workout that combines bursts of high-intensity exercises with brief recovery periods.

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

**Legs, Bums and Tums** > Ladies it says it all in the title. Blitz those hard to hit areas.

**Paracise** > Paracise is a conditioning & well-being set of exercises all choreographed to fabulous music; gentle on the joints ,but highly effective in improving posture, balance, mobility & flexibility whilst improving your muscle memory. This class will leave you feeling refreshed & invigorated. No floor work.

**Pilates Course** > 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.

**Step Aerobics** > Step aerobics has all the benefits of a high-intensity cardio workout without putting stress on your joints. It improves overall fitness by building strength, reducing fat, and boosting your cardiovascular health.

**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!

**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.

## Important Information:

- Members can book online/by phone 5 (120 hours) days in advance of class time
- Non-members can book by phone 24 hours in advance of class time
- Every Member/User should report to Reception upon entry
- Cancellation fee of £2.00 will be charged for no-shows
- Full timetable can be found online

✉ Station Approach | Broadstone | Dorset | BH18 8AX

☎ 01202 777766

✉ enquiries@thejunctionbroadstone.co.uk

See alternative  
timetable for  
Bank Holidays

# YMCA



THE JUNCTION

PART OF YMCA BOURNEMOUTH

# Fitness Classes

W/C 13 January 2025 onwards



YMCA

Here for young people  
Here for communities  
Here for you

thejunctionbroadstone.co.uk

Station Approach | Broadstone | BH18 8AX | T: 01202 777766

