

Do you need that BOOT out of bed in the morning and some extra motivation to achieve your fitness goals? Join us for one of our FUN Exercise classes.

#### ▶ Boot Camp

The workout where you cycle to your ability to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.

#### ▶ RPM™/Spin

The sports-inspired cardio workout for building strength and stamina. Dynamic instructors and powerful music motivate everyone towards their fitness goals.

#### ▶ Body Attack™

The original barbell class that strengthens your entire body. Great music, awesome instructors and your choice of weights inspire you to get the results you came for.

#### ▶ Body Pump™

The energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around it you get huge motivation from sing-along music and approachable instructors. Cardio blocks push towards fat-burning followed by muscle conditioning tracks that shape and tone your body.

#### ▶ Body Step™

The empowering cardio workout where you are totally unleashed. This energetic program is inspired by Martial Arts. Supported by driving music and great instructors. Strike, punch and kick your way through calories to fantastic cardio fitness.

#### ▶ Body Combat

The low-impact, whole body workout that uses balls, tubes and bodyweight to boost fitness and core strength. We have inspirational instructors and music to motivate you. And best of all, you're all left full of energy, so you can really take life on!

#### ▶ Body Vive™

The all over all inclusive class which will make you work hard giving you cardiovascular and toning exercises led by great instructors to motivating music

#### ▶ Body Conditioning

The all over all inclusive class which will make you work hard giving you cardiovascular and toning exercises led by great instructors to motivating music

#### ▶ Circuit / Powerbox

These classes use state of the art TRX straps to perform bodyweight exercise developing strength, balance, flexibility and core stability simultaneously. Romford YMCA are the only fitness centre in the area to offer such a wide variety of classes using this system.

#### ▶ TRX

Get into shape fast using the Urban Rebounding training system. Research shows that rebounding is a highly efficient way of burning calories and can get you into shape fast! We have a variety of rebounding workouts to keep you motivated and challenged to ensure you see the best possible results achievable when used regularly.

#### ▶ Rebounding

A basic mat-work class to give you long lean muscles, better posture, core strength and a calm mind.

#### ▶ Pilates

Using the stability ball to perform a variety of exercises, this class is very effective for toning and strengthening the core.

#### ▶ Fitball

Incorporates Yoga, Tai Chi and Pilates and gives you a workout that builds flexibility and strength.

#### ▶ Body Balance™

Standing slow moving meditative exercises that improves balance, strength and breathing whilst introducing self defence.

#### ▶ Tai Chi

## YMCA ROMFORD

# YMCA

## Sports & Fitness Programme

July 2015

### Gym Opening Times

Monday - Thursday 6.30 - 22.00  
Friday 6.30 - 21.00  
Saturday & Sunday 9.00 - 18.00

### Kids' Gym

Monday - Friday 15.30 - 20.00 (18.00 - 20.00 must be accompanied by an adult)  
Saturday & Sunday 9.00 - 18.00

### Special Needs

Instructor available Monday, Tuesday, Thursday 10.00 - 12.00  
Tuesday & Friday 18.00 - 21.00

# YMCA

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive inclusive and energising communities, where young people can truly belong, contribute and thrive.

### YMCA Romford Facilities

**Gym:** Multi-purpose with CV equipment and free weights area.

**Sports Hall:** Multi-use for badminton, basketball, netball and volleyball.

**RPM Studio:** Air-conditioned, dedicated for RPM classes.

**Dance Studio:** Full air-conditioned for dance and exercise classes.

**Pre-school:** Bookings are now being taken.

**The Diner:** Open to residents, members and the public daily for hot and cold snacks.

**Dining Room:** Available for hire for various functions and day conferences.

**Essex Room:** Available for hire for smaller meetings and conferences.

**Lecture Room:** Available for hire for various functions.

**Chapel:** Open to all for private prayer.



Calorie Burn	Specialist	Strength, Tone and TRX	Sports	Relaxation	Non YMCA (additional charges may apply)	Dance
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	
07.00 <b>RPM Express</b> (RP) 07.30 Paul	06.30 <b>Boot Camp</b> (S) 07.30 Lauren	09.00 <b>TRX Express</b> (C) 09.45 Roy	06.30 <b>Boot Camp</b> (S) 07.30 Noel	09.30 <b>RPM</b> (RP) 10.15 Jo	08.50 <b>TRX Blast</b> (C) 09.30 Roy / Pat	
08.00 <b>Badminton</b> (S) 2 courts 12.00 Term Time Only	09.30 <b>RPM</b> (RP) 10.15 Laila	09.30 <b>RPM</b> (RP) 10.15 Lisa	09.30 <b>RPM</b> (RP) 10.15 Roy		09.00 <b>Cardio Rebound Cure</b> (D) 09.45 Jo / Lauren	
09.30 <b>RPM</b> (RP) 10.15 Delray	09.30 <b>Body Pump</b> (D) 10.30 Paula	09.30 <b>Body Attack</b> (D) 10.30 Jo	09.30 <b>Body Combat</b> (D) 10.30 Mandy	09.30 <b>Circuit</b> (D) 10.30 Pat	09.30 <b>Mini Soccer</b> (S) 10.30 Kayleigh	
09.30 <b>Body Conditioning</b> (C) 10.30 Lauren	09.30 <b>Yoga Course</b> £ (L) 11.30 John - term time only	10.00 <b>Pilates</b> (R) 11.00 Roy	09.30 <b>Fitball</b> (L) 10.30 Jo	09.30 <b>Body Balance</b> (R) 10.30 Laila	09.45 <b>RPM</b> (RP) 10.30 Helen	
09.30 <b>Body Step</b> (D) 10.30 Mandy	10.00 <b>Circuit</b> (S) 11.00 Roy	10.00 <b>Badminton</b> (S) 11.30 Rob - term time only	09.30 <b>Table Tennis</b> (S) 11.30		09.45 <b>Circuit</b> (D) 10.45 Roy	
09.45 <b>Body Balance</b> (R) 10.45 Terry	11.30 <b>Disabled Yoga</b> # (L) 13.00 John - term time only	10.30 <b>Body Pump</b> (D) 11.30 Jo	10.30 <b>TRX</b> (C) 11.15 Pat	09.30 <b>Tap Dancing</b> (S) 11.45 Petrina	10.00 <b>Little Rockers</b> (C) 11.30 Climbing Club	
10.30 <b>Body Pump</b> (D) 11.30 Mandy	11.30 <b>Boccia</b> # (S) 13.00 Pat	12.00 <b>Health Condition Circuit</b> 12.45 (D) Pat	10.30 <b>Zumba</b> (D) 11.30 Mandy		10.00 <b>Rock Starz</b> (C) 11.30 Climbing Club	
11.00 <b>Boccia</b> # (R) 13.00 Pat	12.30 <b>Body Vive</b> (D) 13.30 Delray	12.00 <b>Weight Watchers</b> £ (R) 13.00	10.45 <b>Fitness Yoga</b> (R) 11.45 Laila	10.30 <b>Women Together</b> (L) 12.30	10.45 <b>Body Pump</b> (D) 11.45 Helen	
12.00 <b>Rehab</b> # (R) 13.00 Kim	13.00 <b>Social Club</b> (R) 15.00	13.00 <b>50+ Badminton</b> (S) 15.00 4 courts	10.45 <b>Boccia</b> # (S) 11.45 Roxanne	10.45 <b>Body Pump</b> (D) 11.45 Lucy	10.45 <b>Body Pump</b> (D) 11.45 Helen	
12.30 <b>TRX and Dumbbells</b> (D) 13.30 Chris	13.00 <b>Junior Boccia</b> (S) 15.00 Pat	14.30 <b>50+ Conditioning</b> (D) 15.30 Delray	12.00 <b>Rehab</b> # (L) 13.00 Debbie		16.30 <b>Karate</b> (D) 17.30 John	
15.35 <b>Jax Gymnastics</b> £ (S) 18.30	16.30 <b>Little Rockers</b> (C) 17.30 Abseil & Climb	16.00 <b>Jax Gymnastics</b> 19.25 £ (S)	13.00 <b>Social Club</b> (R) 15.00	12.00 <b>Line Dancing</b> (D) 13.00 Pat		
16.15 <b>YMCA Dance</b> (D) 17.15 ages 4-6	16.30 <b>Rock Starz</b> (C) 18.00 Abseil & Climb	18.15 <b>Body Combat</b> (D) 19.15 Lucy	13.30 <b>50+ Yoga</b> (L) 14.30 Terry	12.00 <b>Badminton</b> 13.00 2 courts - term time only		
16.30 <b>Little Rockers</b> (C) 17.30 Climbing Club	18.15 <b>Body Step</b> (D) 19.15 Jo	18.30 <b>Spin</b> (RP) 19.15 Miles	17.00 <b>Basketball</b> (S) 18.00 Jamie - term time only	13.30 <b>Stroke Rehab</b> # (R) 14.45 Kim		
16.30 <b>Rock Starz</b> (C) 18.00 Climbing Club	18.30 <b>Tai Chi</b> (L) 20.00 Brian	19.30 <b>Vinyasa Yoga</b> (L) 21.00 Kelly	17.15 <b>Cardio Rebound</b> (D) 18.00 Jo		09.00 <b>Body Attack</b> (D) 09.45 Nicola	
17.15 <b>YMCA Dance</b> (D) 18.15 ages 7+	18.45 <b>RPM</b> (RP) 19.30 Roy	19.30 <b>Body Balance</b> (R) 21.30 Terry	18.15 <b>Body Pump</b> (D) 19.15 Jo	15.30 <b>Jax Gymnastics</b> £ (S) 18.15 Juniors	09.45 <b>Pilates</b> £ (L) 10.45 Roy	
18.15 <b>Dance Acro</b> (L) 19.00 ages 7+	19.30 <b>Family Circuit</b> (S) 20.30 Pat		18.15 <b>Pilates</b> (L) 19.15 Roy	18.45 <b>Boys Sports Club</b> (S) 20.45	09.50 <b>Body Pump</b> (D) 10.50 Delray	
18.15 <b>Body Attack</b> (D) 19.15 Jo	19.30 <b>Fitball</b> (D) 20.30 Jo		18.30 <b>Rollerskating</b> Razzamatazz junior & adult		11.00 <b>RPM</b> (RP) 11.45 Delray	
18.30 <b>Family Spin</b> (RP) 19.15 Miles	20.30 <b>Karate</b> (D) 22.00 Peter		19.30 <b>RPM</b> (RP) 20.15 Aleesha	19.30 <b>Widows &amp; Widowers</b> (L) 23.30	11.00 <b>Body Vive</b> (D) 12.00 Chris	
19.00 <b>Badminton</b> (S) 21.00 2 Courts			19.30 <b>TRX</b> (C) 20.15 Lee		19.00 <b>Basketball</b> (S) 21.00	
19.15 <b>Body Pump</b> (D) 20.15 Aleesha			19.30 <b>Powerbox</b> (D) 20.30 Roy			
19.30 <b>Spin</b> (RP) 20.15 Miles			19.30 <b>Wheelchair Basketball</b> (S) junior & adult			
19.30 <b>Orchestra</b> (R) 21.30						
20.00 <b>Body Balance</b> (L) 21.00 Laila						
20.30 <b>Kickboxing</b> £ (D) 21.30 Paul						