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# YMCA

## Sports & Fitness Timetable

YMCA THAMES GATEWAY

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION

### OPENING TIMES

#### Gym

Monday - Thursday 06.30 - 22.00

Friday 06.30 - 21.00

Saturday - Sunday 09.00 - 18.00

#### Junior Gym

Monday - Friday 15.30 - 20.00

(from 18.30 - 20.00 children must be accompanied by an adult)

Saturday - Sunday 09.00 - 18.00

#### Additional Needs Gym

Available during gym opening times (as above)

Extra staff available Monday, Tuesday and

Thursday 10.00 - 12.00

### FACILITIES

**Gym:** Multi-purpose with CV resistance 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:** 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.

**Restaurant:** 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.

# 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.

### About us

We offer a dynamic group exercise programme with all our fitness classes run by trained experts.

#### ► Body Pump™

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 Attack™

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

#### ► Body Step™

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.

#### ► Box Fit

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

#### ► Fitness Fusion

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 Conditioning

These classes will make you work hard with both cardiovascular and resistance exercises.

#### ► Circuit / Powerbox

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.

#### ► Rebounding

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!

#### ► Spin

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, time trials, and interval training.

#### ► TRX

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

#### ► Fitball

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

#### ► Body Balance™

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

#### ► Tai Chi

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

#### ► Pilates

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

#### ► Insanity

Heart pumping, muscle shredding, sweat dripping, high intensity cardio workout.

## Monday

- 06.45 - 07.15 ● **RPM Express (RP)** Paul
- 08.00 - 12.00 ● **Badminton TT (S)** 2 courts
- 09.30- 10.15 ● **RPM (RP)** Delray
- 09.30 - 10.30 ● **HIIT Conditioning (G)** Lauren
- 09.30 - 10.30 ● **Body Step (D)** Mandy
- 09.30 - 10.30 ● **Body Balance (R)** Helen
- 10.30 - 11.30 ● **Body Pump (D)** Mandy
- 10.30 - 12.00 ● **Boccia # (S)**
- 12.00 - 13.00 ● **Walking Football (S)**
- 12.00 - 13.00 ● **Rehab # (R)** Kim
- 12.30 - 13.30 ● **TRX and Dumbbells (D)** Chris
- 15.35 - 18.30 ● **Jax Gymnastics £ (S)**
- 16.15 - 17.15 ● **YMCA Dance (D)**
- 16.30 - 17.30 ● **Junior Climbing Club (C)**
- 17.15 - 18.15 ● **YMCA Dance (D)**
- 18.00 - 19.30 ● **Family Climbing Club (C)**
- 18.15 - 19.00 ● **Dance Acro (L)**
- 18.30 - 19.15 ● **Family Spin (RP)** Aleesha
- 18.30 - 19.30 ● **Body Attack (D)** Jo
- 19.00 - 21.00 ● **Aikido £ (S)** Rob
- 19.00 - 21.00 ● **Badminton TT (S)** 2 Courts
- 19.00 - 19.30 ● **HIIT Abs (G)** Gym Team
- 19.30 - 20.30 ● **Body Pump (D)** Aleesha
- 19.30 - 20.30 ● **Body Balance (L)** Amy
- 19.30 - 21.30 ● **Orchestra (R)**

## Tuesday

- 06.45 - 07.30 ● **Early Bird Circuit (S)** Gym Team
- 09.30 - 10.15 ● **RPM (RP)** Aleesha
- 09.30 - 10.15 ● **Rebounding (D)** Jo
- 10.00 - 11.00 ● **Circuit (S)** Roy
- 10.30 - 11.30 ● **Body Conditioning (D)** Aleesha
- 10.30 - 12.00 ● **Health Condition Yoga # (L)** John TT
- 11.30 - 13:00 ● **Boccia # (S)**
- 12.30 - 13.30 ● **Fitness Fusion (D)** Chris
- 13.00 - 15.00 ● **Social Club (R)**
- 18.30 - 19.30 ● **Body Step (D)** Jo
- 18.45 - 19.30 ● **RPM (RP)** Roy
- 18.30 - 19.30 ● **Family Sports (S)**
- 19.00 - 19.30 ● **HIIT Body Weight (G)** Gym Team
- 19.30 - 20.30 ● **Family Circuit (D)** Jo
- 19.30 - 21.00 ● **Tai Chi (L)** Brian
- 20.30 - 22.00 ● **Karate (D)** Peter

## Wednesday

- 06.45 - 07.30 ● **Cross Circuit (G)** Gym Team
- 09.00 - 09.45 ● **TRX Express (C)** Roy
- 09.30 - 10.30 ● **Body Attack (D)** Jo
- 09.45 - 10.30 ● **Spin (RP)** Georgina
- 10.00 - 11.00 ● **Pilates (R)** Roy
- 10.00 - 12.00 ● **Badminton Coaching (S)** Rob
- 10.30 - 11.30 ● **Body Pump (D)** Jo
- 12.00 - 12.45 ● **Health Condition Circuit (D)** Pat
- 12.00 - 13.00 ● **Weight Watchers (R)**
- 13.00 - 15.00 ● **Badminton (S)** 3 courts
- 14.30 - 15.30 ● **50+ Conditioning (D)** Delray
- 16.00 - 19.25 ● **Jax Gymnastics £ (S)**
- 16.30 - 17.00 ● **Junior HIIT Class (G)** Gym Team
- 18.30 - 19.15 ● **Spin (RP)** Len
- 18.45 - 19.30 ● **HIIT (D)** Sarah
- 19.30 - 20.15 ● **TRX (D)** Len
- 19.30 - 20.30 ● **Vinyasa Yoga (L)** Elaine
- 19.45 - 20.30 ● **Cross Circuit (G)** Gym Team

## Thursday

- 06.45 - 07.30 ● **Early Bird Circuit (G)** Gym Team
- 09.30 - 10.15 ● **RPM (RP)** Roy
- 09.30 - 10.30 ● **Box Fit (D)** Mandy
- 09.30 - 10.30 ● **Fitball (L)** Jo
- 09.30 - 11.30 ● **Table Tennis (S)**
- 10.30 - 11.15 ● **TRX (C)** Pat
- 10.30 - 11.30 ● **Dance Fit (D)** Mandy
- 10.45 - 11.45 ● **Yoga (L)** Delray
- 10.45 - 11.45 ● **Boccia # (S)**
- 12.00 - 13.00 ● **Rehab # (L)** Debbie
- 13.00 - 15.00 ● **Social Club (R)**
- 13.30 - 14.30 ● **50+ Yoga (L)** Terry
- 16.00 - 17.00 ● **Junior Basketball (S)** ages 5-11
- 17.00 - 18.00 ● **Junior Basketball (S)** ages 12-16
- 17.45 - 18.30 ● **Rebound HIIT (D)** Jo
- 18.30 - 19.30 ● **Body Pump (D)** Jo
- 18.30 - 19.30 ● **Pilates (L)** Roy
- 18.30 - 19.30 ● **Rollerskating (S)** Razzamatazz
- 19.00 - 19.45 ● **HIIT Conditioning (G)** Gym Team
- 19.30 - 20.15 ● **RPM (RP)** Aleesha
- 19.30 - 21.00 ● **Wheelchair Basketball (S)**
- 19.45 - 20.45 ● **Powerbox (D)** Roy

## Friday

- 07.45 - 08.15 ● **Stretch Class (G)** Gym Team
- 09.30 - 10.15 ● **RPM (RP)** Jo
- 09.30 - 10.30 ● **Insanity (D)** Pat
- 09.30 - 10.30 ● **Body Balance (R)** Ravs
- 09.30 - 11.45 ● **Tap Dancing (S)** Petrina
- 10.30 - 12.30 ● **Women Together (L)**
- 10.30 - 11.30 ● **Body Pump (D)** Jo
- 12.00 - 13.00 ● **Line Dancing (D)** Pat
- 12.00 - 13.00 ● **Badminton TT (S)** 2 courts
- 13.30 - 14.45 ● **Stroke Rehab # (R)** Kim

## Friday

- 15.30 - 18.15 ● **Jax Gymnastics £ (S)** Juniors
- 18.00 - 20.00 ● **Beginners Free Weights (G)**
- 18.45 - 20.45 ● **Boys Sports Club (S)**

## Saturday

- 08.50 - 09.30 ● **TRX Blast (C)** Roy / Pat
- 09.00 - 09.45 ● **Cardio Rebound Cure (D)** Jo/Alex
- 09.00 - 10.00 ● **Mini Soccer (S)** Noel
- 09.45 - 10.30 ● **RPM (RP)** Helen
- 09.45 - 10.45 ● **Circuit (D)** Roy
- 10.00 - 11.00 ● **Little Rockers (C)**
- 10.00 - 11.30 ● **Rock Stars (C)**
- 10.45 - 11.45 ● **Body Pump (D)** Helen
- 16.30 - 17.30 ● **Karate (D)** John

## Sunday

- 09.30 - 10.30 ● **Pilates £ (L)** Roy
- 09.30 - 10.30 ● **Body Pump (D)** Delray
- 10.30 - 11.15 ● **RPM (RP)** Delray
- 10.30 - 11.30 ● **Fitness Fusion (D)** Chris
- 19.00 - 21.00 ● **Basketball (S)**

## Key

- **Calorie Burn**
- **Sports**
- **Specialist**
- **Relaxation**
- **Dance**
- **Non YMCA (additional charges apply)**
- **Strength, Tone & TRX**

- (S) Sports Hall
- (RP) RPM Studio
- (D) Dance Studio
- (G) Gym
- (L) Lecture Room
- # Suitable for people with additional needs
- (R) Restaurant
- TT Term Time Only
- (C) Climbing Room

# GET STARTED

Helping our members get the most out of their membership