

CLASSES

MONDAY

TOTAL TONE	09:15-10:15	AIMIE
AQUA	10:15-11:00	KATIE
BODY PUMP	18:00-18:45	SARAH
HIIT	18:00-18:45	KATIE
GROUP CYCLING	19:00-20:00	KATIE
MIXED PILATES	19:00-19:45	BECKY C

TUESDAY

BODY BALANCE	09:15-10:00	REBECCA
CIRCUITS	18:00-18:45	KATE
ZUMBA	18:00-18:45	HANNAH
GROUP CYCLING	18:00-18:45	BECKY MC
TOTAL TONE	19:00-19:45	KATE

WEDNESDAY

MIXED PILATES	09:15-10:00	BECKY C
LBT	10:00-10:45	AIMIE
LOW-FU	18:00-18:45	BECKY MC
GROUP CYCLING	18:00-18:45	REBECCA
YOGA	19:00-19:45	RICHARD

THURSDAY

YOGA	09:15-10:15	CLAUDIA
BODY PUMP	18:00-19:00	ALISHA
TABATA	18:00-18:45	MONIQUE
DANCE AEROBICS	19:15-20:00	JESSICA
GROUP CYCLING	19:00-20:00	MONIQUE
MIXED PILATES	20:00-20:45	KATIE

FRIDAY

BODYBALANCE	10:15-11:00	HANNAH
GROUP CYCLING	18:00-18:45	KATIE
BODY BALANCE	19:00-20:00	LIZ

SATURDAY

GROUP CYCLING	09:00-09:45	MONIQUE
BODY PUMP	10:00-10:45	MONIQUE

SUNDAY

CIRCUITS	08:30-09:15	MEGAN
STRETCH & TONE	09:15-10:00	MEGAN

Non-members welcome

Yoga and Body Balance £8.00 All other classes £7.00

GYM

MONDAY: 06:30 - 22:00

TUESDAY: 06:30 - 22:00

WEDNESDAY: 06:30 - 22:00

THURSDAY: 06:30 - 22:00

FRIDAY: 06:30 - 21:00

SATURDAY: 08:00 - 20:00

SUNDAY: 08:00 - 20:00

PERSONAL TRAINING

1-2-1 and Group Sessions
available 30 - 60 mins

Discounts on bulk bought sessions
Exclusive PT memberships available



GYM, CLASS AND SWIM TIMETABLE

01252 746962

www.yateleys.com



SWIMMING

20 Metre on site pool
Over 16's lane swimming

Swim only membership £22.99

MONDAY: 06:30 - 08:00
20:30 - 21:50

TUESDAY: 06:30 - 08:00
20:30 - 21:50*

WEDNESDAY: 06:30 - 08:00
20:30 - 21:50

THURSDAY: 06:30 - 08:00
20:30 - 21:50

FRIDAY: 06:30 - 08:00

Family Swimming every day during
the School holidays

*The first Tuesday evening of every
month the pool will be closed
for staff training

Aqua: There are loads of benefits to giving aqua classes a go. Not only will it help you burn off extra calories, but it does it in a way that's gentle on your joints. Aqua classes have more health and fitness benefits than most other group fitness classes and participants typically burn between 400 and 500 calories in each session.

Body Balance: A Yoga, T'ai Chi and Pilates inspired workout that will leave you feeling leaner, stronger, calm and centred. During this workout you will complete a mix of stretches, poses, moves and breathing exercises to improve core strength and flexibility, reduce stress levels and create a lasting sense of wellbeing.

Body Pump: This barbell class will sculpt tone and strengthen your entire body, fast! Pump focuses on low weight loads and high repetition movements to burn fat, gain strength and quickly produce a leaner you. It is one of the world's fastest ways to get in shape!

Circuits: Circuit training is an excellent way to improve mobility, strength and stamina. The session includes 6 to 10 exercises that are completed one after another with a rest between each station. A fun, no fuss class that will show you how simple moves give you great results.

Dance Aerobics: High energy, great songs and so much more! Music and dance are great stress relievers, and can help to boost your confidence. You'll also pick up some fantastic new moves.

Low-Fu: Low Fu combines basic kickboxing and boxing techniques plus fabulous aerobic moves with a pulsating eclectic selection of tunes. Low Fu has body shaping benefits and transforms the way you feel about your body. Learning Low Fu technique encourages mental development and training longevity.

Group Cycling: Is an intense cardiovascular exercise which will help you get fit and burn those calories fast! Join the static cycling class today and pedal your way through hill, sprint, interval and jump tracks!

HIIT: This class strengthens and defines the entire body from the core out! Using dynamic and functional moves, your heart rate stays high giving you a great cardio workout whilst at the same time the use of body weight and plate exercises develop and shape muscles.

Legs, Bums & Tums: This class will tone and shape those targeted areas, as well as increasing stamina and overall cardiovascular fitness. If you want to get a flat tummy and tone your legs and bum, then this is a great workout for you!

Pilates: Pilates focuses on building your body's core strength (back, abdominal and pelvic muscles) and improving your posture through a series of low impact stretching and conditioning exercises. The class encourages your mind and body to work in harmony.

Stretch and Tone: This is a low impact, low intensity workout that will tone your muscles, increase your range of motion and flexibility, and help you to relieve stress. Through a series of stretching and toning exercises, participants will develop breathing techniques to compliment this resistance training workout.

Tabata: This class is a form of High Intensity Interval Training, where you work hard for only 20 seconds followed by 10 seconds rest. There are 8 rounds (4mins) of 2 exercises then we change them.

Total Tone: A great weight and fat loss class designed to exercise your whole body at once. If you want to cut weight and tone up, especially around your waist, tummy, bum and legs, then this is the perfect class for you!

Yoga: Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are a series of postures designed to leave you feeling relaxed and refreshed. A great way to start or end your day!

Zumba: Join the party by popping, shaking and salsaing your way to fitness! This is a fresh class with a variety of music from around the world with easy to follow choreography which allows you to wiggle as much or as little as you like for a total body workout that feels like a celebration!