

CLASSES

MONDAY

TOTAL TONE	09:15-10:15	AIMIE
BODY PUMP	17:30-18:15	HANNAH
GROUP CYCLING	18:15-19:15	AMI
ZUMBA	18:30-19:15	HANNAH
HIIT	18:15-19:00	GARETH
MIXED PILATES	19:30-20:15	BECKY

TUESDAY

BODY BALANCE	09:15-10:15	REBECCA
CARDIO CIRCUITS	18:00-18:45	AMI
LIFT & SHIFT	19:00-19:45	GARETH
GROUP CYCLING	19:00-19:45	AMI

WEDNESDAY

MIXED PILATES	09:15-10:00	BECKY
CLUBBERCISE	18:00-18:45	ALEX
REBOUNding	18:00-18:45	CHRIS
GROUP CYCLING	18:00-19:00	AMI
YOGA	19:00-20:00	CHRIS

THURSDAY

LBT	09:15-10:00	AMI
BODY BALANCE	10:15-11:15	HANNAH
TABATA	18:00-18:45	MONIQUE
TOTALLY CORE	18:00-18:45	AMI
BODY PUMP	19:00-19:45	MONIQUE
GROUP CYCLING	19:00-19:45	AMI
MIXED PILATES	20:00-20:45	BECKY

FRIDAY

YOGA	09:15-10:15	CHRIS
GROUP CYCLING	18:00-18:45	KATIE
BODY BALANCE	19:00-20:00	LIZ

SATURDAY

GROUP CYCLING	09:00-10:00	AMI
BODY PUMP	09:30-10:30	MONIQUE

SUNDAY

GROUP CYCLING	08:30-09:15	GARETH
POWER CIRCUITS	09:30-10:30	GARETH

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

TEEN-FIT HOURS

TERM TIME

WEEKDAYS: 15:15 - 17:30

WEEKENDS: 08:00 - 19:30
must be accompanied by a paying
adult after 1pm

SCHOOL HOLIDAYS

WEEKDAYS: 06:30 - 17:30
must be accompanied by a paying
adult up to 3.15pm

WEEKENDS: 08:00 - 19:30
must be accompanied by a paying
adult after 1pm



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

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!

Cardio 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.

Clubbercise: A super fun workout feels more like a night out on the town than a class! Part aerobic, part dance it's taught in a darkened room with disco lighting set to a soundtrack of uplifting club anthems. Burns calories, tones muscles and relieves stress!

Group Cycling: Is an intense cardiovascular exercise 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!

Lift And Shift: This is a weights class for all abilities. A full body workout focusing on compound, full range movements to improve your overall strength and muscle shape.

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.

Power Circuits: This strength based circuits class is designed to build muscular strength, endurance and define your body. Based mainly around weights, with the inclusion of some cardio, this station based class will push you to the limit, make you fitter, stronger and more powerful than ever!

Rebounding: Jump your way to fitness in this energetic fat burning class! Every muscle in your body will be challenged while you work out on a mini trampoline. This class uses familiar aerobics moves like hamstring curls and squats, but adds simultaneous fast jumping. A fabulous fun class that will certainly get your heart racing!

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.

Totally Core: This class consists of a 35 minute intense abdominal workout to strengthen your core and abdominal muscles and is then followed by a 10 minute deep stretch.

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 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!