

Health & Wellbeing

12.30pm Trish

01225 325 913 www.ymcabathgroup.org.uk

Christmas Timetable of Classes 2020

Rachel

All classes are held in the studio

Christmas Eve 24th Dec	Christmas Day Friday 25 th Dec	Boxing Day 26 th Dec	Sunday 27 th Dec	Monday 28 th Dec
Circuits 9am Joe	CLOSED	CLOSED	Body Pump 9.30am Helen	Circuits 11.15am Katie
Indoor Cycling 10.30am Simon			Yoga 12.30pm	Body Pump 12.30pm Craig
Festive Yoga 11.30am Trish			Katie	
Tuesday 29 th	Wednesday 30 th Dec	Thursday 31 st Dec	Friday 1 st of Jan	Saturday 2 nd Jan
Body Pump 10.30am Craig	Indoor Cycling 11am Katie	Indoor Cycling 10am Christian	CLOSED	Timetable back to normal
Pilates 11.30am	Peace to all Yoga	Candy Cane Core 11am		

Katie

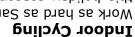
Class Prices

1hr class £7 (all Les Mills and Indoor Cycling classes)
45m class £6
30m class £5





CHRISTMAS Health & Wellbeing Classes



and recovery. strength, intervals, high intensity class will focus on endurance, one of our stationary bikes. This this holiday season and hop on Work as hard as Santa's reindeer

Candy Cane Core

the end. exercises with a lovely stretch at creative sequence of challenging major muscles of the core with a this class you will hit all the Forget hundreds of sit ups, in

Circuits

Suitable for all levels of fitness. aerobic and muscular strength. workout which incorporates in our full body station based Rock around the Christmas tree

Festive Yoga Flow

self-awareness and flexibility. poses to help improve posture, you use stretches and yoga Christmas, come and unwind as Take a break from the chaos of

Body Pump

this class! wouldn't be complete without The festive season 'DISNW lifts and curls choreographed to mince pies with squats, presses, groups and burn away those Challenge all the major muscle