

May 2023			
Time	Activity	Instructor	Place
Monday			
11.00-12.00	Qigong	Marco	ST2
2.00 – 2.50	Disco Stretch	Leonard	The Yoga Studio
Tuesday			
1.00-1.30	Aquacise	Declan	Pool
1.00-1.45	Aerobic, Strength & Stretch	James	Yoga St
2pm-3pm	Supervised Gym	Orrin/Alex	Gym floor
2.00-2.30	Social Tea	All welcome	LCL
Wednesday			
11.10-12:00	Healthy Hearts Circuit	Ivan/Nick	Yoga St.
12:15-12:45	Meditation	Adeline	The Chapel
2.00-2.45	Zumba Gold/Fit Steps	Declan/Sandra	Yoga St.
Thursday			
11.45-12.45	Stretch, Core and relaxation	Leonard	Yoga St
1.45 –2.45	Strength, Stretch and Balance	Suzanne	Yoga Studio
3.00pm-3.30pm	Aquacise	Suzanne	Pool
4.00 – 4.20	Social Tea	All welcome	LCL
Friday			
10.30 – 11.20	Body Sculpt	James/Declan	Yoga St
11.00-12.00	Brunch with Marion	Marion/Volunteers	LCL
1.00-2.00	Tai Chi	Jane	Yoga St
2.00-2.50	Healthy Hearts Circuit	James	Yoga St

All sessions on the timetable are suitable for older adults or individuals wishing to take part in activities of a low to moderate intensity. Sessions have to be booked on the Mind/Body online website. Please advise the teacher if you are new to the class or if you have any injuries. Brunch is £2.50 and includes soup, rolls, tea and fruit.

Please remember to book on the YMCA app or MBO site for classes and cancel if you are unable to attend.

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Healthy Living Membership

This membership allows full off peak access
(Mon – Fri: 06.30-15.45 Sat – Sun: normal club opening hours)
To be eligible for this membership must be 60 years +

6 month	£170 (no joining fee or entry fee)
12 month	£300 (no joining fee or entry fee)

Monthly Direct Debit: £25 per month off peak
£45 per month peak (30 days cancelation notice)

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