

YMCA – Older Adults Activity Timetable

- All sessions on the timetable are suitable for older adults or individuals wishing to take part in activities of a low to moderate intensity.
- All instructors leading session are level 3 qualified and several level 4 qualified.
- No bookings are necessary.
- Please advise the teacher if you are new to the class or if you have any injuries.
- Please note these classes are not for rehabilitation of injuries.
- Gym Programme update/induction sessions: **Book at reception** (meet on gym floor at green couch!)
- Please call Reception on **020 3994 9601** if you need to cancel your programme update/induction session.
- These classes/sessions do not take place on Bank Holidays!

Time & Day	Activity	Name of Level 3 Instructor
MONDAY		
10:00 – 10:30	Cycle class (Beginner/Intermediate)	Ricardo
11:00– 12:00	Qi Gong	Marco
TUESDAY		
11:15 – 12:00	Core Classes	Teresa
2:00 – 2:50	Supervised Gym	Orrin/Alex
2pm – 2:30pm	Aquacise	Declan
2:05pm – 2:55pm	Strength and Conditioning	Lin
3pm – 3:50pm	Nia Dance	Hanna
3pm – 3:50pm	Easy Cardio Plus	Lin
4pm – 4:30pm	Social Tea	All welcome
WEDNESDAY		
10am – 10:30am	Cycle class (Beginner/Intermediate)	Sayed El Hamaki
11am – 12pm	Supervised Gym	Steven
10:45am – 11:45am	Hatha Yoga	Diana
2pm – 2:45pm	Zumba Gold	Declan
2:30pm – 3:15pm	Healthy Hearts circuit	Steve/Ivan
THURSDAY		
12:30pm – 1:30pm	Meditation	Maz
2pm – 3pm	Stretch, Core and relaxation	Sheila/Leonard
3pm – 3:50pm	Strength, Stretch and Balance	Suzanne
3pm – 3:15pm	Social Tea	All Welcome
4pm – 4:20pm		
FRIDAY		
10am – 11am	Body Sculpt	Declan /Lin/Jane
12pm – 1pm	Kundalini Yoga	Carmel
1:15pm – 2pm	Latin Dance workout	Zoltan
1:30pm – 2pm	Social Tea	All welcome
2pm – 2:50pm	Tai Chi	Jane
3pm – 4pm	Healthy Hearts circuit	James/Robin

Class Descriptions

Easy Cardio Plus - A whole body workout combining aerobics, weights and stretching with music.

Supervised Gym –An informal drop in session for anyone needing help/advice with their gym program. Meet at the treadmills.

Latin Dance Workout - Dancing a selection of Samba, Cha Cha, Jive, Rhumba, Salsa and Batcha you will learn footwork, arm movements and improved posture

Nia Dance – Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. Nia is a holistic fitness practice addressing body, mind and soul.

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 +

Annual Membership Fee: £30.00

Fee per Visit: £2.50

6 month £170* New (no joining fee or entry fee)

12 month £300* New (no joining fee or entry fee)

Rolling monthly DD £34.00 per month (min. 3 month obligation)*New

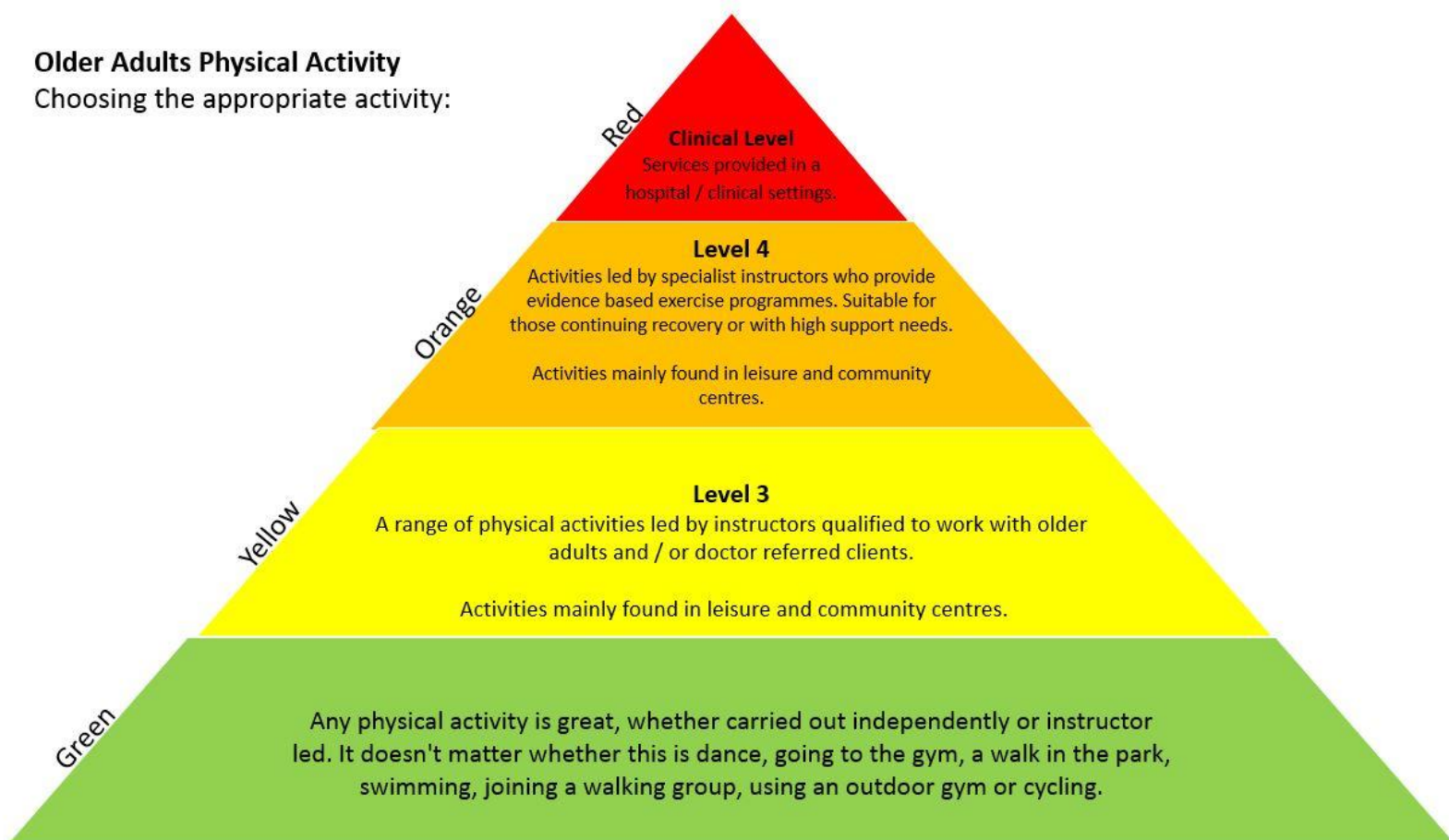
Contact: Declan Duncan 020 3994 9624 James Simpkin 020 3994 9615

Email: Declan.duncan@ymca.co.uk James.Simpkin@ymca.co.uk

Activity instructors will be able to advise you on the most suitable intensity activities for you. All instructors will offer adaptations and options to accommodate different levels of fitness and any health conditions. Please see below the colour chart for class intensity:

Older Adults Physical Activity

Choosing the appropriate activity:



(Level 3 and 4 refer to Exercise Instructor qualifications).