

Do you need that BOOT OUT of bed in the morning and some extra motivation to achieve your fitness goals? Join us for one of our FUN Exercise classes.

▶ **Boot Camp**

The workout where you cycle to your ability to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.

▶ **RPM/Spin**

The sports-inspired cardio workout for building strength and stamina. Dynamic instructors and powerful music motivate everyone towards their fitness goals.

▶ **Body Attack™**

The original barbell class that strengthens your entire body. Great music, awesome instructors and your choice of weights inspire you to get the results you came for.

▶ **Body Pump™**

The energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around it you get huge motivation from sing-along music and approachable instructors. Cardio blocks push towards fat-burning followed by muscle conditioning tracks that shape and tone your body.

▶ **Body Step™**

The empowering cardio workout where you are totally unleashed. This energetic program is inspired by Martial Arts. Supported by driving music and great instructors. Strike, punch and kick your way through calories to fantastic cardio fitness.

▶ **Body Combat**

The low-impact, whole body workout that uses balls, tubes and bodyweight to boost fitness and core strength. We have inspirational instructors and music to motivate you. And best of all, you're all left full of energy, so you can really take life on!

▶ **Body Vibe™**

The all over all inclusive class which will make you work hard giving you cardiovascular and toning exercises led by great instructors to motivating music

▶ **Circuit / Powerbox**

These classes use state of the art TRX straps to perform bodyweight exercise developing strength, balance, flexibility and core stability simultaneously. Romford YMCA are the only fitness centre in the area to offer such a wide variety of classes using this system.

▶ **TRX**

Get into shape fast using the Urban Rebounding training system. Research shows that rebounding is a highly efficient way of burning calories and can get you into shape fast! We have a variety of rebounding workouts to keep you motivated and challenged to ensure you see the best possible results achievable when used regularly.

▶ **Rebounding**

A basic mat-work class to give you long lean muscles, better posture, core strength and a calm mind.

▶ **Pilates**

Using the stability ball to perform a variety of exercises, this class is very effective for toning and strengthening the core.

▶ **Fitball**

Incorporates Yoga, Tai Chi and Pilates and gives you a workout that builds flexibility and strength.

▶ **Body Balance™**

Standing slow moving meditative exercises that improves balance, strength and breathing whilst introducing self defence.

▶ **Tai Chi**

Gym Opening Times

Monday - Thursday 6.30 - 22.00
Friday 6.30 - 21.00
Saturday & Sunday 9.00 - 18.00

Kids' Gym

Monday - Friday 15.30 - 20.00 (18.00 - 20.00 must be accompanied by an adult)
Saturday & Sunday 9.00 - 18.00

Special Needs

Instructor available Monday, Tuesday, Thursday 10.00 - 12.00
Tuesday & Friday 18.00 - 21.00



YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive inclusive and energising communities, where young people can truly belong, contribute and thrive.

YMCA ROMFORD



Sports & Fitness Programme

July 2015

YMCA Romford Facilities

Gym: Multi-purpose with CV equipment and free weights area.

Sports Hall: Multi-use for badminton, basketball, netball and volleyball.

RPM Studio: Air-conditioned, dedicated for RPM classes.

Dance Studio: Full air-conditioned for dance and exercise classes.

Pre-school: Bookings are now being taken.

The Diner: Open to residents, members and the public daily for hot and cold snacks.

Dining Room: Available for hire for various functions and day conferences.

Essex Room: Available for hire for smaller meetings and conferences.

Lecture Room: Available for hire for various functions.

Chapel: Open to all for private prayer.



Calorie Burn

Specialist

Strength, Tone and TRX

Sports

Relaxation

Non YMCA
(additional charges may apply)

Dance

Monday

07.00	RPM Express (RP)
07.30	Paul
08.00	Badminton (S) 2 courts
12.00	Term Time Only
09.30	RPM (RP)
10.15	Delray
09.30	Body Conditioning (C)
10.30	Lauren
09.30	Body Step (D)
10.30	Mandy
09.45	Body Balance (R)
10.45	Terry
10.30	Body Pump (D)
11.30	Mandy
11.00	Boccia # (R)
13.00	Pat
12.00	Rehab # (R)
13.00	Kim
12.30	TRX and Dumbells (D)
13.30	Chris
15.35	Jax Gymnastics £ (S)
18.30	
16.15	YMCA Dance (D)
17.15	ages 4-6
16.30	Little Rockers (C)
17.30	Climbing Club
16.30	Rock Starz (C)
18.00	Climbing Club
17.15	YMCA Dance (D)
18.15	ages 7+
18.15	Dance Acro (L)
19.00	ages 7+
18.15	Body Attack (D)
19.15	Jo
18.30	Family Spin (RP)
19.15	Miles
19.00	Aikido £ (S)
21.00	Rob
19.00	Badminton (S)
21.00	2 Courts
19.15	Body Pump (D)
20.15	Aleesha
19.30	Spin (RP)
20.15	Miles
19.30	Orchestra (R)
21.30	
20.00	Body Balance (L)
21.00	Laila
20.30	Kickboxing £ (D)
21.30	Paul

Tuesday

06.30	Boot Camp (S)
07.30	Lauren
09.30	RPM (RP)
10.15	Laila
09.30	Body Pump (D)
10.30	Paula
09.30	Yoga Course £ (L)
11.30	John - term time only
10.00	Circuit (S)
11.00	Roy
11.30	Disabled Yoga # (L)
13.00	John - term time only
11.30	Boccia # (S)
13:00	Pat
12.30	Body Vive (D)
13.30	Delray
13.00	Social Club (R)
15.00	
13.00	Junior Boccia (S)
15.00	Pat
16.30	Little Rockers (C)
17.30	Abseil & Climb
16.30	Rock Starz (C)
18.00	Abseil & Climb
18.15	Body Step (D)
19.15	Jo
18.30	Tai Chi (L)
20.00	Brian
18.45	RPM (RP)
19.30	Roy
19.30	Family Circuit (S)
20.30	Pat
19.30	Fitball (D)
20.30	Jo
20.30	Karate (D)
22.00	Peter

Wednesday

09.00	TRX Express (C)
09.45	Roy
09.30	RPM (RP)
10.15	Lisa
09.30	Body Attack (D)
10.30	Jo
10.00	Pilates (R)
11.00	Roy
10.00	Badminton (S)
11.30	Rob - term time only
10.30	Body Pump (D)
11.30	Jo
12.00	Health Condition Circuit
12.45	(D) Pat
12.00	Weight Watchers £ (R)
13.00	
13.00	50+ Badminton (S)
15.00	4 courts
14.30	50+ Conditioning (D)
15.30	Delray
16.00	Jax Gymnastics
19.25	£ (S)
18.15	Body Combat (D)
19.15	Lucy
18.30	Spin (RP)
19.15	Miles
19.30	Vinaya Yoga (L)
21.00	Kelly
19.40	TRX (D)
20.30	Miles
20.30	Body Balance (R)
21.30	Terry

Thursday

06.30	Boot Camp (S)
07.30	Noel
09.30	RPM (RP)
10.15	Roy
09.30	Body Combat (D)
10.30	Mandy
09.30	Fitball (L)
10.30	Jo
09.30	Table Tennis (S)
11.30	
10.30	TRX (C)
11.15	Pat
10.30	Zumba (D)
11.30	Mandy
10.45	Fitness Yoga (R)
11.45	Laila
10.45	Boccia # (S)
11.45	Roxanne
12.00	Rehab # (L)
13.00	Debbie
13.00	Social Club (R)
15.00	
13.30	50+ Yoga (L)
14.30	Terry
17.00	Basketball (S)
18.00	Jamie - term time only
17.15	Cardio Rebound (D)
18.00	Jo
18.15	Body Pump (D)
19.15	Jo
18.15	Pilates (L)
19.15	Roy
18.30	Rollerskating
19.30	Razzamatazz junior & adult
19.30	RPM (RP)
20.15	Aleesha
19.30	TRX (C)
20.15	Lee
19.30	Powerbox (D)
20.30	Roy
19.30	Wheelchair Basketball
21.30	(S) junior & adult

Friday

09.30	RPM (RP)
10.15	Jo
09.30	Circuit (D)
10.30	Pat
09.30	Body Balance (R)
10.30	Laila
09.30	Tap Dancing (S)
11.45	Petrina
10.30	Women Together (L)
12.30	
10.45	Body Pump (D)
11.45	Lucy
12.00	Line Dancing (D)
13.00	Pat
12.00	Badminton
13.00	2 courts - term time only
13.30	Stroke Rehab # (R)
14.45	Kim
15.30	Jax Gymnastics £ (S)
18.15	Juniors
18.45	Boys Sports Club (S)
20.45	
19.30	Widows & Widowers (L)
23.30	

Saturday

08.50	TRX Blast (C)
09.30	Roy / Pat
09.00	Cardio Rebound Cure (D)
09.45	Jo / Lauren
09.30	Mini Soccer (S)
10.30	Kayleigh
09.45	RPM (RP)
10.30	Helen
09.45	Circuit (D)
10.45	Roy
10.00	Little Rockers (C)
11.30	Climbing Club
10.00	Rock Starz (C)
11.30	Climbing Club
10.45	Body Pump (D)
11.45	Helen
16.30	Karate (D)
17.30	John
Sunday	
09.00	Body Attack (D)
09.45	Nicola
09.45	Pilates £ (L)
10.45	Roy
09.50	Body Pump (D)
10.50	Delray
11.00	RPM (RP)
11.45	Delray
11.00	Body Vive (D)
12.00	Chris
19.00	Basketball (S)
21.00	