

## Class descriptions

**Active Wellness Aerobics** - A fun, low impact, aerobics session with easy to follow moves.

**Active Wellness Paracise** - A gentle, effective workout designed to improve mobility, flexibility and balance. The flowing movements are matched to music.

**Amazing Abdominals** - Tone and strengthen muscles in the abdomen, lower back and core. Helps support posture, improve stability and enhance your core.

**Barre Fit** - A fun, low impact workout inspired by elements of ballet and Pilates to improve strength, posture, flexibility and balance.

**Body Conditioning** - A complete targeted full body workout designed to work your core and muscles with a variety of techniques using bodyweight, dumbbells and steps.

**Circuits** - A variety of exercises at separate stations to improve fitness, strength and agility.

**Clubbercise®** - A fun full body workout with a banging soundtrack that gets great results. Classes are held in a darkened room with disco lights and our LED glow sticks.

**Fighting Fit** - The workout that packs a punch! Boxing fitness using pad work and bodyweight exercises for a full body cardio workout. The ultimate way to de-stress.

**Functional Circuits** - Circuit class using kettlebells, battle ropes, sand bags and more. A workout to challenge your functional fitness and improve your strength and cardio.

**HIIT** - High Intensity Interval Training using cardio and strength paired with active recovery

**HIITStep/HIITCircuit** - HIIT workout that uses a step and dynamic bodyweight exercises and sometimes weighted plates and barbells.

**Legs, Bums & Tums (LBT)** - Using dumbbells and occasionally bands to target key areas.

**Les Mills BodyAttack™** - The ultimate cardio workout. High energy class for total beginners to total addicts. Combines cardio with strength exercises. All to energising music!

**Les Mills BodyBalance™** - A motivating blend of simple yoga moves with elements of Tai Chi and Pilates. This class will improve flexibility and core strength, while reducing stress levels.

**Les Mills BodyPump™** - The original barbell class. Full body workout working all major muscle groups using light to moderate weights with lots of repetition.

**Pilates** - Low impact class that builds flexibility, muscular strength and endurance, emphasising proper postural alignment, core strength and muscle balance.

**Posture & Core** - Stretch and strengthen your key postural muscles to stay healthy and pain-free.

**Power Pilates** - Pilates movements to upbeat music with the added power of hand weights.

**Power Pump (& Abs)** - Barbell and dumbbell workout, great music, fun class and good results. Friendly class with lots of variety.

**Studio Spin** - Indoor static cycling. No complex choreography. Fantastic cardio-vascular workout!

**Total Body Fusion** - A dynamic full body approach that combines strength, cardio and flexibility training for a more integrated workout experience.

**Yin yoga** - Floor-based yoga holding postures for longer, allowing deeper muscles to lengthen. A powerful and mindful practice.

**Yoga** - Improves flexibility. Helps reduce stress and improve wellbeing.

**Y-ROX** - Join the latest fitness craze. Y-ROX is a combination of functional exercises, running and more

**Zumba** - An energising dance fitness workout to Latin and world rhythms.

**Zumba Sculpt** - All the dance fun of Zumba with a body sculpting focus!

# YMCA

YMCA EAST SURREY

Here for young people  
Here for communities  
Here for you

## Fitness Class Timetable

Effective from:  
7 January 2026



YMCA's fitness classes offer something for every mood, goal or fitness level. Classes are open to members and non-members aged 16+.

### Opening times

Monday to Friday | 07:00-21:00      Saturday & Sunday | 08:00-17:00

### Book classes 7 days in advance on our App!

Find us on Google Play and Apple Store



### Fitness Class prices

Fitness class	Gym session	Yoga
Member   FREE Concession   £6.00 Pay As You Go   £8.00	Member   FREE Concession   £6.50 Pay As You Go   £9.00	Member   FREE Concession   £7.50 Pay As You Go   £10.00

For up to date information visit our website or call 01737 779979

[www.ymcaeastsurrey.org.uk](http://www.ymcaeastsurrey.org.uk)

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YMCA EAST SURREY

Registered charity no. 1075028

## Fitness Class timetable

Fitness classes are subject to change. Visit [www.ymcaeastsurrey.org.uk](http://www.ymcaeastsurrey.org.uk) for the latest timetable.

MONDAY	09:30-10:25	Zumba	Michelle	ISF Hall
	10:30-11:15	Power Pump & Abs	Claudia	ISF Hall
	14:00-14:55	Active Wellness Body Conditioning*	Brenda	ISF Hall
	17:00-17:45	Power Pilates	Julie	Allanson Hall
	17:45-18:30	Studio Spin	Andy	Mercer Room
	18:45-19:40	Yoga	Karina	Allanson Hall
	18:45-19:30	Les Mills BODYPUMP™	Michael	ISF Hall
	18:45-19:30	Studio Spin	Andy	Mercer Room
	19:45-20:30	Zumba	Michael	ISF Hall

TUESDAY	09:30-10:30	Zumba Sculpt	Alison	Allanson Hall
	09:30-10:15	Active Wellness Aerobics*	Claudia	ISF Hall
	10:15-11:15	Pilates	Rachael	Activity Room
	11:30-12:15	Active Wellness Yoga*	Karina	Activity Room
	17:15-18:00	Studio Spin	Julie	Mercer Room
	18:15-19:00	Pilates	Julie	Allanson Hall
	18:30-19:15	Les Mills BODYATTACK™	Michael	ISF Hall
	18:30-19:00	Amazing Abdominals	Fitness Team	Activity Room
	19:15-20:00	Barre Fit	Karen	Allanson Hall
	19:30-20:15	Legs, Bums & Tums (LBT)	Claudia	ISF Hall

WEDNESDAY	07:15-08:00	Studio Spin	Marianne	Mercer Room
	09:30-10:15	Legs, Bums & Tums (LBT)	Claudia	ISF Hall
	10:30-11:15	Active Wellness Body Conditioning*	Claudia	Allanson Hall
	17:00-17:30	HIIT	Fitness Team	Allanson Hall
	18:15-19:00	Studio Spin	Emma	Mercer Room
	18:30-19:15	Y Rox Circuits	Adam	Allanson Hall
	19:00-19:50	Pilates	Rachael	ISF Hall
	20:00-20:45	Clubbercise	Nikki	ISF Hall
	20:00-20:50	Yin Yoga	Rachael	Allanson Hall

THURSDAY	08:15-09:00	Studio Spin	Marianne	Mercer Room
	09:15-10:00	Power Pump & Abs	Marianne	ISF Hall
	09:30-10:15	Active Wellness Pilates*	Brenda	Allanson Hall
	17:30-18:00	Functional Circuits	Fitness Team	Allanson Hall
	18:00-18:45	Studio Spin	Tony	Mercer Room
	18:15-19:15	Yoga	Andrea	Allanson Hall
	18:30-19:15	Power Pump	Claudia	ISF Hall
	19:30-20:15	HIIT Step/HIIT Circuit	Lisa	ISF Hall
	19:30-20:30	Les Mills BODYBALANCE™	Michael	Allanson Hall

FRIDAY	09:25-10:10	Body Conditioning	Andy	ISF Hall
	10:25-11:10	Posture & Core	Andy	Activity Room
	10:30-11:15 (term time only)	Active Wellness Body Conditioning*	Claudia	Allanson Hall
	17:00-17:30	Power Pilates	Julie	Allanson Hall
	17:45-18:30	Studio Spin	Tony	Mercer Room
	18:45-20:00	Yin Yoga	Rachael	Allanson Hall
	19:00-20:00	Y-ROX	Adam	ISF Hall

SATURDAY	08:25-09:10	Pilates	Chow	Allanson Hall
	08:45-09:30	Circuits	Andy	ISF Hall
	09:45-10:45	Pump Conditioning	Lisa	ISF Hall
	10:00-11:00	Studio Spin	Andy	Mercer Room
	11:00-12:00	Fighting Fit	Carmel	Allanson Hall

SUNDAY	08:15-09:00	Studio Spin	Emma	Mercer Room
	09:00-09:55	Les Mills BODYBALANCE™	Charlotte	Allanson Hall
	10:00-10:55	Total Body Fusion	Lisa	ISF Hall
	10:00-11:00	Pilates	Andrina	Allanson Hall

\* Active Wellness - classes designed for people who are new (or getting back) to exercise, in their senior years or simply looking for a less intensive workout.