

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!



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YMCA EAST SURREY



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



ANDROID APP ON
Google play



Download on the
App Store

Fitness Class prices

Fitness class
Member FREE
Concession £6.00
Pay As You Go £8.00

Gym session
Member FREE
Concession £6.50
Pay As You Go £9.00

Yoga
Member FREE
Concession £7.50
Pay As You Go £10.00

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

www.ymcaeast surrey.org.uk

YMCAEastSurrey

Registered charity no. 1075028

Fitness Class timetable

Fitness classes are subject to change. Visit www.ymcaeastssurrey.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.