

9th January – 19th March 2017

# YORK SPORT CENTRE FITNESS CLASSES

York Sport  
Inspiring activity

## OPENING TIMES

Monday to Friday  
07:00 – 22:00

Saturday  
09:00 – 19:00

Sunday  
09:00 – 20:00

**York Sport Centre**  
Heslington West  
York YO10 5NA  
01904 323855/6



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## MONDAY

Time	Class	Location	Instructor
09:15–10:00	Ravercise	Studio	Jo
11:00–11.45	Boogie Bounce	Studio	Hannah
12:00–13:00	Fitness Yoga	Studio	Sarah
17:15–18.00	Boxercise	Studio	Isla
17.00–18.00	Couch to 5K		Emily
18:00–18:30	Metafit	Studio	Fitness
18:40–19:00	Core	Studio	Fitness

## TUESDAY

Time	Class	Location	Instructor
12:00–13:00	Fitness Yoga	Studio	Sarah
17:15–17:45	Metafit	Studio	Fitness

## WEDNESDAY

Time	Class	Location	Instructor
12:00–12:45	Boogie Bounce	Studio	Hannah

## THURSDAY

Time	Class	Location	Instructor
12:00–12:45	Pilates	Studio	Lucy
16:30–17:15	Spin	Studio	John

## FRIDAY

Time	Class	Location	Instructor
12:00–13:00	Yoga	Studio	Paulene
17:00–17:45	Spin	Studio	John

**York Active sessions will run from 9th January until the 19th March**

York active sessions are charged at £1.50 per session for staff members and students.  
Alternatively a loyalty card is available for £5 giving access to any 5 York Active classes.

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For more information visit our [websiteyorkactive.com](http://www.yorkactive.com)

**Boogie Bounce.** Mini trampoline classes set to chart-topping music. Classes include effective cardio interval training, and a really powerful bums, tums and thighs section.

**Boxercise** is an effective form of training that incorporates a combination of boxing movements and aerobics. This makes a fun alternative and improves rhythm, co-ordination as well as burning calories!

**Core.** A short class designed to solely focus on core stability. Exercises are designed to improve abdominal, glute and lower back strength.

**Couch to 5K.** Want to run or get fit, but have no idea where to start? Come along to this supportive run group which will follow the Couch to 5k scheme. In a relaxed and friendly environment, you will gradually be built up to a 5k fitness level in a fun way- and for those up to the challenge, will have the opportunity to run alongside your friends in a 5k race!

**Fitness Yoga.** An upbeat, slightly faster-flowing version of the regular yoga classes, with a focus on improving the range of motion and flexibility.

**MetaFit.** A 30 minute class based on the principles of high intensity interval training (HIIT). This session uses nothing but your own body weight – and 100% of your effort each round!

**Pilates** is a full body exercise that educates, realigns, and balances the body, which builds lean, flexible muscles. The Pilates method increases coordination and improves body alignment and posture while relieving stress and tension.

**Ravercise** is a HIIT dance workout with energising bass music. The class incorporates a warm up, choreographed high impact routines, stretching and cool down, Ravercise is suitable for both men and women of all levels of fitness and coordination and is a great way to burn a lot of calories without feeling like you're working out.

**Spin** provides a fun and challenging cardiovascular workout for all ages and fitness levels. Experience a full ride of hills, sprints and endurance intervals with energising music and motivational instruction.

## STUDIO ETIQUETTE

- Please ensure you book onto your chosen class at reception.
- Bring your ticket (receipt) as confirmation.
- Please ensure that you collect your ticket for your class at least five minutes before the start of the class.
- If you cannot attend a class please cancel your space as soon as possible.
- The instructor is within rights to request that if you do not present your ticket, you will not be able to take part in the class.
- If you are running later than 5 minutes you may be denied access to the class as your space may have been given to another.



York Active sessions are free for members, and £1.50 for non-members.

A loyalty card is available for £5, giving access to any five York Active sessions.

