

27th March – 25th June 2017

# YORK SPORT CENTRE FITNESS CLASSES

*Inspiring activity*  
**York Sport**

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

## OPENING TIMES

Monday to Friday  
**07:00–22:00**

Saturday  
**09:00–19:00**

Sunday  
**09:00–20:00**



info@york-sport.com  
www.york-sport.com

## MONDAY

| Time        | Class            |  | Location | Instructor |
|-------------|------------------|--|----------|------------|
| 09:15–10:00 | YA Ravercise     |  | Studio   | Jo B       |
| 11:15–12:00 | YA Boogie Bounce |  | Studio   | Hannah     |
| 12:00–13:00 | Fitness Yoga     |  | Studio   | Sarah      |
| 17:00–18:00 | YA Couch to 5k   |  |          | Emily      |
| 17:15–18:00 | YA Boxercise     |  | Studio   | Isla       |
| 18:00–18:30 | YA Metafit       |  | Studio   | Fitness    |
| 18:40–19:00 | YA Core          |  | Studio   | Fitness    |

## TUESDAY

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

## WEDNESDAY

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

## THURSDAY

| Time        | Class      |  | Location | Instructor |
|-------------|------------|--|----------|------------|
| 12:00–12:45 | YA Pilates |  | Studio   | Lucy       |
| 16:30–17:15 | YA Spin    |  | Studio   | Julia      |

## FRIDAY

| Time        | Class   |  | Location | Instructor |
|-------------|---------|--|----------|------------|
| 12:00–12:45 | Yoga    |  | Studio   | Paulene    |
| 16:30–17:15 | YA Spin |  | Studio   | Julia      |

**York Active sessions will run from 17th April until 25th June**

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 YA classes.

### 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.

### Core

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

### Running

These running sessions emphasise endurance and pacing, helping you to build up to running beyond 5K.

### Fitness Yoga

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

### LBT

A class focused on notoriously problematic areas, aimed at improving tone, definition, strength & endurance.

### 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!

### Rave Spin

The loud music and UV lights create a fun party atmosphere for the most enjoyable spin class you'll ever have!

## 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.

