# York Sport Centre

## Fitness Classes
**26 June – 24 September 2017**

*info@york-sport.com*  
*[www.york-sport.com](http://www.york-sport.com)*

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

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### OPENING TIMES

**Monday to Friday**  
07:00–22:00  
Saturday  
09:00–19:00  
Sunday  
09:00–20:00

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### MONDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00–13:00</td>
<td>Fitness Yoga</td>
<td>Studio</td>
<td>Sarah</td>
</tr>
<tr>
<td>17:15–17:45</td>
<td>Metafit</td>
<td>Studio</td>
<td>Fitness</td>
</tr>
<tr>
<td>17:50–18:10</td>
<td>Abs</td>
<td>Studio</td>
<td>Fitness</td>
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</tbody>
</table>

### TUESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00–13:00</td>
<td>Fitness Yoga</td>
<td>Studio</td>
<td>Sarah</td>
</tr>
<tr>
<td>17:15–18:00</td>
<td>Spin</td>
<td>Studio</td>
<td>Fitness</td>
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### WEDNESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>17:15–18:00</td>
<td>Barre</td>
<td>Studio</td>
<td>Fitness</td>
</tr>
</tbody>
</table>

### THURSDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00–12:45</td>
<td>Spin</td>
<td>Studio</td>
<td>Fitness</td>
</tr>
<tr>
<td>12:45–13:00</td>
<td>Abs Blast</td>
<td>Studio</td>
<td>Fitness</td>
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### FRIDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00–12:30</td>
<td>Metafit</td>
<td>Studio</td>
<td>Fitness</td>
</tr>
<tr>
<td>17:15–18:00</td>
<td>Spin</td>
<td>Studio</td>
<td>Julia</td>
</tr>
</tbody>
</table>
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.