## York Sport Centre

### Fitness Classes

25 September – 22 December 2017

**info@york-sport.com**

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

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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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### Class Schedule

- **Monday**
  - 07:30 – 08:15: Spin (Studio) by Jo B
  - 12:00 – 13:00: Fitness Yoga (Studio) by Sarah
  - 17:15 – 18:00: Barre (Studio) by Hannah
  - 18:00 – 18:45: Boxercise (Studio) by Isla

- **Tuesday**
  - 12:00 – 13:00: Fitness Yoga (Studio) by Sarah
  - 17:15 – 18:00: Spin (Studio) by Hannah

- **Wednesday**
  - 07:30 – 08:15: Boxercise (Studio) by Dan

- **Thursday**
  - 12:45 – 13:15: Metafit (Studio) by Hannah
  - 17:15 – 18:00: Yoga (Studio) by Julia

- **Friday**
  - 07:30 – 08:15: Spin (Studio) by Hannah
  - 12:00 – 12:45: Pilates (Studio) by Jo B
  - 12:45 – 13:15: Metafit (Studio) by Hannah
  - 17:15 – 18:00: Spin (Studio) by Julia
**Barre Concept**
Barre is a fusion of Ballet, Pilates, Yoga and resistance training. Set to up-tempo music, this class gives you a fast and fun full-body workout – no tutu needed!

**Boxercise**
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.

**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**
A form of body conditioning that focuses on spinal and pelvic alignment. It also encourages breathing control, co-ordination and balance. A great way to improve your core and relieve stress.

**Spin**
A high intensity bike based workout, great for burning calories and toning muscles. Instructors keep you motivated with varying routines and playlists.

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**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.