

YORK SPORT CENTRE FITNESS TIMETABLE

WOMEN'S STRENGTH

Women Only – Strength & Confidence in the Weight Room:

A supportive session designed to help women build strength, master technique, and feel confident training with weights — suitable for all fitness levels.

DAY	TIME	INSTRUCTOR	RACKS
Tuesday	16:00 – 17:00	Fitness team	7-8-9
Saturday	11:00 – 12:00	Fitness team	7-8-9

INTRODUCTION TO WEIGHTS

Beginner Introduction to Weights – Lifting Foundations:

Learn the basics of weight training with a focus on safe technique and proper form. Perfect for beginners looking to build confidence and start training independently.

DAY	TIME	INSTRUCTOR	RACKS
Wednesday	17:00 – 18:00	Fitness team	7-8
Sunday	11:00 – 12:00	Fitness team	7-8

From time to time the timetable may be subject to change due to events, galas and public holidays. Every effort will be made to provide advance notice of any alterations to the established programme which will be advertised.

You can book your classes online or via our app available on Apple or Google. Please ask staff for more details or visit our website: www.york-sport.com.

SESSION ETIQUETTE

- Customers must book on to sessions they wish to attend. Bookings for members open 7 days in advance, and bookings for non-members open 3 days in advance.
- On the day of the session, customers must collect a ticket from Reception before the start of the session.
- Customers will be denied access and no further tickets will be printed once the advertised start time has passed.
- Instructors will collect tickets from all customers; any customers who fail to present a valid ticket will be denied access to the session.
- Customers who fail to attend and do not give sufficient notice will be taken note of, should a customer get 3 notes in a 2 week period their booking rights will be removed for 2 weeks.
- A sufficient notice is classified as any time before the advertised start time of the class.
- Customers will be notified when they have failed to turn up to a class via e-mail.