

# CAMBRIDGE EXERCISE CLASSES

Monday	Class	Level	Instructor	Room	Key
18:00 - 18:45	Pole Fit	All	Hazel/James	Studio	
19:00 - 20:00	Zumba	All	Raquel	MR 1/2	
Tuesday	Class	Level	Instructor	Room	Key
10:00 - 11:00	Stretch & Relax	All	Katy	Studio	
18:00 - 19:00	Pump It	All	Dicky	MR 1/2	
19:00 - 20:00	Brazilian Rhythms	All	Raquel	Studio	
19:15 - 20:15	Yoga	All	Floss	MR 1/2	
Wednesday	Class	Level	Instructor	Room	Key
10:00 - 11:00	Zumba Gold	All	Karen	Studio	
18:00 - 18:50	Pure Core and Glute	All	Karim	MR 1/2	
18:00 - 18:50	Yoga	All	Yolande	Studio	
Thursday	Class	Level	Instructor	Room	Key
10:00 - 10:45	Barre Fit	Int	Katy	Studio	
18:00 - 19:00	Integral Yoga	Int	Yolande	MR 1/2	
19:15 - 20:05	Zumba Dance & Tone	All	Karen	MR 1/2	
Friday	Class	Level	Instructor	Room	Key
10:45 - 11:45	Pilates	Beg	Elena	MR 1/2	
Saturday	Class	Level	Instructor	Room	Key
10:00 - 11:00	Zumba	All	Marta	MR 1/2	

## KEY



### Energise & Burn

High energy classes burn calories and improve fitness



### Strengthen & Condition

Strengthen and tone your muscles while burning calories



### Mind & Body

Physical relaxation and mental invigoration promoting good posture

E [ymcafitnessQAH@ymcatrinity.org.uk](mailto:ymcafitnessQAH@ymcatrinity.org.uk)

T 01223 356998

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