

PETERBOROUGH EXERCISE CLASSES

Monday	Class	Level	Instructor	Room	Key
10:00 – 11:00	Senior Circuit	All	Mel	Studio 1	
11:15 – 12:15	Senior Circuit	All	Mel	Studio 1	
12:30 - 13:30	Stretch and Relaxation	All	Mel	Studio 1	
17:30 - 18:30	Fit Circuits	All	Mel	Studio 1	
18:30 – 19:30	Pilates	All	Kim	Studio 3	
18:45 - 19:45	Legs, Bums & Tums	All	Mel	Studio 1	

Tuesday	Class	Level	Instructor	Room	Key
09:30 – 10:20	Pilates	Int	Kim	Studio 3	
10:30 – 11:20	Pilates	Int	Kim	Studio 3	
17:30 – 18:30	PumpIt	All	Samia	Studio 1	
18:45 – 19:45	Zumba	All	Samia	Studio 1	

Wednesday	Class	Level	Instructor	Room	Key
10:00 – 11:00	Zumba Ladies	Beg	Samia	Studio 1	
11:15 – 12:15	Fit Circuits	All	Mel	Studio 1	
12:30 – 13:30	Chair Based Exercise	All	Samia	Studio 1	
12:00 - 13:00	Yoga	All	Gemma	Studio 3	
18:15 – 19:00	Fitness Circuits	All	Dickie	Studio 1	
19:00 – 20:00	Zumba	Beg	Karen	Studio 1	

Thursday	Class	Level	Instructor	Room	Key
09:45 – 10:40	Pilates	Int	Kim	Studio 3	
11:00 – 12:00	Senior Fitness Circuit	All	Dickie	Studio 3	
17:30 – 18:15	Body Pump	All	Samia	Studio 1	
18:30 - 19:15	Ab Blast	All	Samia	Studio 1	
18:30 – 19:30	Yoga	All	Jo	Studio 3	
19:30 - 20:30	Zumba	All	Samia	Studio 1	

Friday	Class	Level	Instructor	Room	Key
10:00 – 11:00	Zumba	All	Samia	Studio 1	
11:15 – 12:15	Fit Circuits	All	Samia	Studio 1	
12:30 – 13:30	Chair Based Exercise	All	Samia	Studio 1	

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

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