

# YMCA Epping



## Opening hours:

Monday-Friday 6am-10:30pm, Saturday 6am-9pm, Sunday 8am-9pm

## Group Fitness Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:05 am		Boxing			Boxing	
8:30am						Boxing
9:30 am		Pilates			Zumba <sup>®</sup>	Yoga
10:00am				Yoga		
6:30 pm				Boxing		
7:30 pm			Zumba <sup>®</sup>			
7:45 pm		Yoga				
8:05 pm	Pilates		Yoga			



Fitness Classes are 60 minutes in duration. Please bring a water bottle and towel when you visit the gym. Please wear closed toe shoes. Shirts must remain on at all times. Please inform the instructor of any injuries or health concerns prior to the class starting.

## Small Group Training

	Monday	Tuesday	Wednesday	Thurs	Friday	Saturday
6:05 am	YMCA Bootcamp*		YMCA Bootcamp*			
7:30 am		Program: Lvl 1				Program: Lvl 1
8:30 am	Program: Lvl 2-3		Program: Lvl 1		Program: Lvl 2-3	
9:30 am	Core Blast	YMCA Bootcamp*	Circuit Training		YMCA Bootcamp*	Teen Gym Access*
10:00 am	PrYme Strength		PrYme Active			
4:00 pm	Teen Gym Access*	Teen Gym Access*	Teen Gym Access*	Teen Gym Access*		
6:30 pm	Abs Butts & Thighs	Upperbody Blitz	WOW			
7:00 pm	HIIT	Lowerbody Blitz	HIIT			
7:30 pm	Program: Lvl 1	Program: Lvl 1	Level 2/3			



Small Group Training Classes are held on the gym floor and designed for those restricted with time, looking for alternative workout solutions or those who simply enjoy training in a small group environment allowing close instructor interaction. Classes are 30 minutes in duration, however \* denotes one hour classes.

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## Find a class that suits you!

### **Abs, Butts and Thighs**

Tone up and look terrific with a program that blitzes those common problem areas. This 30-minute express program is a good choice for people who are short on time, who want an intense and targeted workout.

### **Bootcamp**

This varied program incorporates medicine balls, kettlebells and other equipment, as well as a great range of activities like boxing and circuits, to help you reach your goals.

### **Boxing**

A popular boxing-style workout that combines the best of impact and cardio training. You'll learn new skills and moves, improve coordination and enjoy getting fit with the support of a friendly and encouraging group.

### **Circuit Training**

Your body will soon start to feel and display the benefits of this high-intensity aerobics and resistance training program. Circuit at the Y is fun, easy to follow, and you'll improve cardio fitness, tone and burn unwanted fat.

### **Core Blast**

Short, sharp and intense, this half-hour workout focuses on getting your core in shape. A variety of exercises and challenges keep it interesting as you develop all areas of your abdominals and strengthen your lower back.

### **Lower Body Blitz**

This intense 30-minute program targets the trouble areas of legs, bum and core. This class will help you sculpt and tone so you look as good as you feel.

### **Pilates**

Whether you're new to exercise or an experienced athlete, the friendly Pilates class at the Y is the place to improve muscular strength, core stability, posture and flexibility. Pilates works the body as a single unit, focusing on alignment and positioning to lengthen and strengthen the deeper trunk muscle.

### **PrYme Active**

Want to trim years off your heart and lungs? Join PrYme Active, a fitness program for mature adults. Focusing on cardio fitness, which tends to decrease with age, this group workout offers an encouraging and friendly environment that motivates you to achieve.

### **PrYme Strength**

Get the most out of everyday living with a welcoming program specifically designed to enhance strength, stability and balance. A workout based on resistance training, PrYme Strength will assist with strengthening your muscles and joints to give you better mobility and greater confidence.

### **Upper Body Blitz**

This intense 30-minute program targets arms, chest, shoulders and back to build upper body strength. This class will help you sculpt and tone so you look as good as you feel.

### **W.O.W**

If you like a surprise, you'll love the Y's Workout of the Week (W.O.W.)! Each week our trainer presents a different workout for the entire body. Expect to get fit fast and have fun.

### **Yoga**

Relaxing, revitalising, energising – the benefits of yoga are endless. At the Y's friendly yoga class, you'll follow a guided sequence of postures designed to align and extend the body while activating muscles to help you achieve the long, lean physique you've always wanted.

### **Zumba**

Zumba® combines dance, fitness and fun in one addictive package. Fusing hypnotic Latin rhythms and easy-to-follow moves, this class is suitable for anyone, regardless of fitness level, so bring the whole family along.

### **YMCA Personal Training**

Raise the bar on your health and fitness goals with our professional and affordable personal training. Our qualified and friendly personal trainers know all the tips and techniques for making your workout work hard for you, and they'll keep you motivated and support you all the way so you reach your goals sooner.

**YMCA Epping**

9869 8966

15 Ward Street Epping  
ymcansw.org.au/epping