

# Fitness Class timetable

## Christmas 2024



Red denotes time or location change.

Day	Time	Class	Instructor	Location
Monday 23 Dec	07:15 – 08:00	Mindful Yoga	Olivia	ISF
	10:30 – 11:15	Power Pump & Abs	Claudia	ISF
	14:00 – 14:55	Active Wellness Body Conditioning	Brenda	ISF
	17:00 – 17:30	Power Pilates	Julie	ISF
	17:45 – 18:30	Studio Spin	Andy	ISF
	18:45 – 19:40	Yoga	Marianne	Activity Room
	18:45 – 19:30	Les Mills BodyPump	Michael	ISF
	19:45 – 20:30	Zumba	Michael	ISF
Tuesday 24 Dec	09:30 – 10:15	Active Wellness Aerobics	Claudia	ISF
	10:15 – 11:15	Pilates	Rachael	Activity Room
Wednesday 25 Dec	<b>CLOSED</b>			
Thursday 26 Dec	<b>CLOSED</b>			
Friday 27 Dec	09:25 – 10:10	Body Conditioning	Andy	ISF
	10:25 – 11:10	Posture & Core	Andy	Activity Room
	10:30 – 11:15	Active Wellness Body Conditioning	Claudia	Coffee Bar
	17:00 – 17:30	Power Pilates	Julie	Activity Room
	17:45 – 18:30	Studio Spin	Tony	Activity Room
	18:45 – 19:45	Stretch & Flow	Jacquetta	Activity Room
Saturday 28 Dec	08:25 – 09:10	Pilates	Chow	Activity Room
	08:45 – 09:30	Circuits	Andy	ISF
	09:45 – 10:45	Les Mills BodyPump	Liz B	ISF
	10:00 – 11:00	Studio Spin	Andy	Activity Room
Sunday 29 Dec	09:00 – 09:45	Studio Spin	Heather	Activity Room
	10:00 – 10:55	Body Conditioning	Marzia	ISF
	10:00 – 11:00	Pilates	Andrina	Activity Room
Monday 30 Dec	07:15 – 08:00	Mindful Yoga	Olivia	ISF
	10:30 – 11:15	Power Pump & Abs	Claudia	ISF
	14:00 – 14:55	Active Wellness Body Conditioning	Julie	ISF
	17:00 – 17:30	Power Pilates	Julie	ISF
	17:45 – 18:30	Studio Spin	Andy	ISF
	18:45 – 19:40	Yoga	Julie	Activity Room
	18:45 – 19:30	Les Mills BodyPump	Michael	ISF
	19:45 – 20:30	Zumba	Michael	ISF

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Day	Time	Class	Instructor	Location
Tuesday 31 Dec	09:30 – 10:15	Active Wellness Aerobics	Claudia	ISF
	10:15 – 11:15	Pilates	Rachael	Activity Room
Wednesday 1 Jan	09:30 – 10:15	Body Conditioning	Julie	ISF
Thursday 2 Jan	08:00 – 08:45	Studio Spin	Marianne	ISF
	09:00 – 09:45	Pump & Abs	Marianne	ISF
	10:00 – 10:45	Active Wellness Pilates	Brenda	ISF
	17:30 – 18:15	Studio Spin	Julie	ISF
	18:30 – 19:00	Amazing Abdominals	Fitness Team	Coffee Bar
	18:15 – 19:15	Yoga	Andrea	Activity Room
	18:30 – 19:15	Power Pump	Claudia	ISF
	19:30 – 20:30	Les Mills BodyBalance	Michael	Activity Room
	19:30 – 20:15	HIIT Step / HIIT Circuit	Lisa	ISF
Friday 3 Jan	09:25 – 10:10	Body Conditioning	Andy	ISF
	10:25 – 11:10	Posture & Core	Andy	ISF
	17:00 – 17:30	Power Pilates	Julie	ISF
	17:45 – 18:30	Studio Spin	Tony	ISF
	18:45 – 19:45	Yin Yoga	Rachael	Activity Room
Saturday 4 Jan	08:25 – 09:10	Pilates	Chow	Activity Room
	08:45 – 09:30	Circuits	Andy	ISF
	09:45 – 10:45	Les Mills BodyPump	Liz B	ISF
	10:00 – 11:00	Studio Spin	Andy	Activity Room
	11:00 – 12:00	Fighting Fit	Carmel	Coffee Bar
Sunday 5 Jan	09:00 – 09:45	Studio Spin	Heather	Activity Room
	10:00 – 10:55	Body Conditioning	Marzia	ISF
	10:00 – 11:00	Pilates	Andrina	Activity Room

### Opening times

Monday to Friday | 07:00-21:00  
Saturday & Sunday | 08:00-17:00

### Christmas opening hours

Tuesday 24 December | 07:00-13:00  
Wednesday 25 December | Closed  
Thursday 26 December | Closed  
Tuesday 31 December | 09:00-14:00  
Wednesday 1 January | 09:00-14:00

YMCA Sports and Community Centre,  
Princes Road, Redhill, RH1 6JJ

Fitness classes are open to both  
YMCA Fitness Members and non-members.

Fitness class			
Member	FREE	Concession	£4.80
Non-members	£6.00		

Gym session			
Member	FREE	Concession	£5.20
Non-members	£7.00		

Yoga			
Member	FREE	Concession	£5.20
Non-members	£7.00		