

Monday

10:30 - 11:30am Next Steps
12:15 - 1:15pm Simple Steps
4:30 - 5:15pm Pilates & Back Care
5:30 - 6:15pm Legs, Bums and Tums

Tuesday

9:30 - 10:15am Circuits
10:45 - 11:30am Calorie burner
11:30 - 12:15pm Gentle Exercise
1:00 - 1:45pm Tai Chi
4:00 - 6:00pm Slim & Gym
6:00 - 6:45pm Step

Wednesday

9:00 - 9:45am Circuits
9:00 - 1:30 Slim & Gym
10:30 - 11:30am Next steps
11:30 - 12:30pm Nordic Walking **
12:30 - 1:15pm Legs, Bums and Tums
6:15 - 7:15pm Next Steps

Thursday

11:00 - 12:00pm Men's Body blast
1:00 - 1:45 pm Pilates & Back Care
6:00 - 6:45 pm Boxercise

Friday

9:30 - 10:15am Calorie burner
10:45 - 11:30am Circuits
12:00 - 12:45am Next Steps
10:30 - 12:00pm Slim & Gym
12:45 - 1:30pm Stretch & Relax
3:00 - 5:00pm Slim & Gym

04/10

Class Descriptions

Next Steps - For GP referrals

Simple Steps - Easy to follow step class for all levels

Pilates & Back Care - A range of mobility and gentle strengthening exercises to ease back pain suitable for all levels

Circuits - Suitable for all levels

Calorie burner for women - Half aerobics, half step. Great for getting moving

Gentle Exercise for Women - Very gentle exercise, including seated exercise, to improve basic mobility

Slim & Gym - Giving help and support to those wanting to increase health and lose a few pounds through diet and exercise. Normal gym prices appl

Nordic walking - **must book a place
Using poles to propel the body-will reduce pressure on the knees and strengthen upper body muscles, burns up 46% more calories than ordinary walking-suitable for all levels

Tai Chi- Chinese form of gentle martial art focussing mind and body-suitable for all levels

Mens body blast - Men only circuit class. Suitable for all levels

Step - A high calorie burner using aerobic moves on a step. Suitable for all levels

Legs, Bums & Tums - A session focusing on the bottom, legs and stomach. Ideal for all levels.

Boxercise - A fantastic workout using boxing moves improving power and strength. Suitable for all levels

Stretch and relax-De-stress, release tension and chill ready for the weekend, involves some floor work and a degree of balance



Health Resource Centre Studio Class Timetable

HealthWORKS Newcastle
Health Resource Centre
Adelaide Terrace, Benwell,
Newcastle upon Tyne, NE4 8BE
Tel: (0191) 272 4244

	MORNING	MORNING	MORNING	AFTERNOON	EVENING	EVENING
MONDAY	8:30am Gym open		10:30 - 11:30am Next Steps		12:15 - 1:15pm Simple Steps *Women only	4:30 - 5:15pm Pilates & Back Care 5:30 - 6:15pm Legs, Bums and Tums
TUESDAY	7:30am Gym open	9:30 - 10:15am Circuits *Women only	10:45 - 11:30am Calorie burner *Women only	11:30am-12:15pm Gentle Exercise *Women only	1:00 - 1:45 pm Tai Chi	4:00 - 6:00pm Slim & Gym 6:00 - 6:45pm Step
WEDNESDAY	8:30am Gym open	Circuits 9:00 - 9:45am	11:30am Nordic walking **starting in April must book place		12:30 - 1:15pm Legs, Bums and Tums	6:15 - 7:15pm Next Steps
THURSDAY	8:30am Gym open			11:00 - 12:00 Men's Body blast *Men only	1:00 - 1:45 pm Pilates & Back Care	6:00 - 6:45pm Boxercise
FRIDAY	7:30am Gym open	9:30 -10:15am Calorie burner *Women only	10:45 -11:30am Circuits	10:30 -12:00 Slim & Gym *Women only	12:00 - 12:45pm Next Step 12:45 -1:30 Stretch/Relax	3:00 - 5:00pm Slim & Gym
SATURDAY	9:00am Gym open			12 noon - 3pm Gym open to all		

Safety Points

- ALL members must have an induction session before using the Gym
- Wear loose clothing and supportive shoes
- Do not eat a large meal, drink alcohol, or smoke in the 2 hours before exercising
- Have a small snack 2 hours before Exercising (e.g. banana, apple)
- Tell your instructor if you are pregnant, have been unwell recently or are injured
- Drink plenty of water before, during and after your gym session
- Always use the gym equipment as shown in your induction
- Attending any class for the first time? Please turn up 5 minutes early and tell the instructor its your first session
- Please do not enter classes after they have begun and always stay for the cool down stretch
- Any problems? Ask your instructor!

***Women Only Sessions:**

For women who are new to exercise, or who are uncomfortable exercising in mixed company. They include gym work, classes and the steam and sauna

Men Only:

For men who may feel uncomfortable exercising in mixed company.

Pilates and Back Care:

A range of mobility and gentle strengthening exercises to ease back pain suitable for all levels.

Beginner's Tai Chi:

Chinese form of gentle martial art focussing mind and body-suitable for all levels

Stretch & Relax:

De-stress, release tension and chill ready for the weekend- involves some floor work and a degree of balance

**** Nordic Walking:** (need to book places limited)

Using poles to propel the body-will reduce pressure on the knees and strenghten upper body muscles,burns up 46% more calories than ordinary walking-suitable for all levels.

PLEASE NOTE—steam & sauna will be shut down one hour prior to close at the end of each night for maintenance.

Refreshment Drop - In

You can enjoy a refreshing cuppa and a slice of home made cake or scones after your visit, for a small donation.

Run by our volunteers you will be given a warm welcome

Tues 12:15-3:00 pm

Wed 12:15-2:30 pm

Fri 12:15-3:00 pm

*Classes may be subject to change at short notice