

Monday

Gym Opening	8:30am -8:00pm
Next Steps	10:30 -11:30am
Supervised Gym	9.00 - 3:00pm
Cardiac Rehab	2:00 - 4:00pm
Family Gym	4:00 - 6:00pm
BoxaFit	6.00- 6:45pm
Step and Tone	6:45 - 7:30pm

Tuesday

Gym Opening	7:30am -8:00pm
Women only Gym	9:00 -12:00pm
Aerobics	10.00– 10.45am
Total tone	10.45-11.30am
Gentle Exercise	11.30 - 12.15am
Supervised Gym	12:00 - 4:00pm
Family Gym	4:00 - 6:00pm
Aerotone	5.30-6.30pm
Zumba	6:30 - 7:30pm
	(£3.50)

Wednesday

Gym Opening	8:30 - 8:00pm
Supervised Gym	9.30 - 3.30pm
Next Steps	10:30 -11:30am
Bums & Tums	12:30 -1:30pm
Slim with Gym	9:30 - 3:30pm
Cardiac Rehab	2:00 - 4:00pm
Weight Management	2:00 - 6:00pm
Family Gym	4:00 - 6:00pm

Activities

BoxaFit : Circuit Class developing power & stamina using boxing techniques for maximum calorie burning. **All levels**

Bums & Tums : A session focussing on those problem areas - includes some floor work. **All levels**

Step and Tone : An energetic workout to burn calories and sculpt the body.

Cardio Combat Circuit : Combat based circuit class for family fitness - **8yrs+ All levels**

Aero Tone : Aerobic and toning exercises for an all round calorie burning and toning workout. **All levels**

Pilates : Mat based Pilates class working on posture, balance and strength. **All levels**

Aerobics : Easy to follow, fun workout designed to exercise the heart and lungs. **All levels**

Total Tone : Work and tone the whole body using various studio equipment. **All levels**



Latin inspired dance fitness class ditch the workout and join the party!! **(£3.50) All levels**

Family Gym - Family fitness **10-16yrs** (Please ask reception for details)

Thursday

Gym Opening	8:30 - 8:00pm
Men only Gym	10:00 - 12:00pm
Buggy Boot Camp	10:00 - 11:00am
Supervised Gym	12:00 - 3:00pm
Cardiac Rehab	2:00 - 4:00pm
Family Gym	4:00 - 6:00pm
Cardio Combat	5:30 - 6:30pm

Friday

Gym Opening	7:30 - 6:30pm
Women only Gym	9:00 - 12:00pm
Slim with Gym	10-12 pm
Aerotone	10:00 - 10.45am
Pilates	10.45-11.45am
Supervised Gym	12:00 - 3:00pm
Slim with Gym	2:00 - 4:00pm
Family Gym	4:00 - 6:00pm

Saturday

Gym Opening	9:00 - 3:00pm
Family Gym	12:00 -2:00pm

Please Note: Supervised Gym: priority during these sessions will be for those with a referral to exercise. Our instructors may ask you to use other equipment if it is needed for a referral client during this session.

Activity Description

New Buggy Boot Camp

Get fit in the fresh air with your baby and other new parents (ring the centre to book)

Next Steps and Supervised Gym

For exercise on referral clients or clients with medical conditions who need extra support.

Cardiac Rehab and weight management

Referral classes

Slim & Gym - Help and support for those wanting to increase health and lose weight. Friendly exercise and dietary advice given.

Nordic Walking -**Please book at reception
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

Men Only gym– A session for men who are new to exercise or prefer to exercise amongst other men..

Women Only –sessions for women who are new to exercise or who are more comfortable exercising amongst other women.

Staying Steady - For anyone who has problems with their balance or has a fear of falling. For more information speak to Lucy Flanagan or Ann Grenfell

Gentle exercise - Seated exercise class that aims to improve mobility and strength.

HealthWORKS Newcastle

Your local charity

*“Working with communities
in Newcastle to reduce
health inequalities”*

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Registered charity no: 1040370
Company Ltd by guarantee: 2952583
Vat Registration no: 621476746

HealthWORKS Newcastle

Autumn 2011

**Activity
Programme**



**HealthWORKS
Newcastle**



Registered Charity no: 1040370