

## Monday

Gym Opening	8:30am -8:00pm
<b>Family Gym</b>	<b>10am– 12.00</b>
Next Steps	10:30 -11:30am
<b>Supervised Gym</b>	<b>9.00 - 3:00pm</b>
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
<b>Women only Gym</b>	<b>9:00 -12:00</b>
Aerotone	10.00- 11.00am
Gentle Exercise	11.30 - 12.15am
<b>Supervised Gym</b>	<b>12:00 - 4:00pm</b>
Family Gym	4:00 - 6:00pm
Bums & Tums	5:30 - 6:30pm
Zumba	6:30 - 7:30pm (£3.50)

## Wednesday

Gym Opening	8:30 - 8:00pm
<b>Supervised Gym</b>	<b>9.30 - 3.30pm</b>
<b>Family Gym</b>	<b>10am-12.00</b>
Next Steps	10:30 -11:30am
Bums & Tums	12:30 -1:30pm
<b>Slim with Gym</b>	<b>9:30 - 3:30pm</b>
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

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

**Step and Tone** : An energetic workout to sculpt and firm the body

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

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

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



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

## Thursday

Gym Opening	8:30 - 8:00pm
<b>Men only Gym</b>	<b>10:00 - 12:00</b>
Buggy Boot Camp	10:00 - 11:00am
<b>Supervised Gym</b>	<b>12:00 - 3:00pm</b>
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
<b>Women only Gym</b>	<b>9:00 - 12:00</b>
Slim with Gym	10-12 pm
Aero Tone	10:00 - 11.00am
<b>Supervised Gym</b>	<b>12:00 - 3:00pm</b>
<b>Slim with Gym</b>	<b>2:00 - 4:00pm</b>
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”*

HealthWORKS Newcastle,  
Adelaide Terrace, Benwell,  
Newcastle upon Tyne,  
NE4 8BE

**Tel:** 0191 272 4244

**Fax:** 0191 272 4248

**Website:** [www.hwn.org.uk](http://www.hwn.org.uk)



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

## HealthWORKS Newcastle

**Summer 2011  
Activity  
Programme**



**Registered Charity no: 1040370**