

Activity Timetable

Monday

Gym opening	8:30 am - 8:00 pm
Next Steps*	10:30-11:30 am
Supervised Gym	12:00 - 3:00 pm
Cardiac Rehab*	2:00 - 4:00 pm
Family Gym	4:00 - 6:00 pm
BoxaFit*	5:30 - 6:30 pm
Step and Tone*	6:30 - 7:30 pm

* Studio ** Outdoors

Thursday

Gym opening	8.30 am - 8:00 pm
Men only Gym	10:00 - 12:00 noon
Supervised Gym	12:00 - 3:00 pm
Nordic walking Pole conditioning*	12:15: - 1:15 pm
Cardiac Rehab*	2:00 - 4:00 pm
Family Gym	4:00- 6:00 pm
Cardio Combat*	5:30 - 6:30 pm

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

Tuesday

Gym opening	7:30 am - 8:00 pm
Women only gym	9:00 -12:00 noon
Legs, bums & Tums*	9:30 -10:30 am
20/20*	10:30 - 11:30 am
Gentle exercise*	11:30 -12:15 pm
Supervised Gym	12:00 - 4:00 pm
Slim with gym	4:00 - 6:00 pm
Family Gym	4:00 - 6:00 pm
Legs, bums & Tums*	5:30 - 6:30 pm

Activities

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

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

20/20: combines 20 minutes aerobic/step and 20 minutes Toning for an all round workout. Hi or lo —you choose

Step and Tone - An energetic workout to sculpt and firm the body *All levels*

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

Total Tone & AbFab: *Women only:* Designed to firm and tone the whole body using a variety of studio equipment.

Low impact Latino: A fun aerobic exercise class suitable for all levels

Calorie Burner-*Women only:* does what it says on the tin!!!

Wednesday

Gym opening	8:30 - 8:00 pm
Circuits*	9:30 - 10:30 am
Next Steps*	10:30 - 11:30 am
Legs, bums & Tums*	12:30 -1:30 pm
Nordic Walking** (beginners)	1:00 - 2:00 pm
Supervised Gym	2:00 - 4:00 pm
Weight management*	2:00 - 6:00 pm
Family Gym	4:00 - 6:00 pm

Friday

Gym opening	7:30 am - 6:30 pm
Women only gym	9:00 - 12:00 noon
Calorie burner*	9:30 - 10:30 am
Total Tone/AbFab*	10:30- 11:30 am
Nordic walking** Progression group	11:45 - 12:45 pm
Supervised Gym	12:00 - 2:00 pm
Low Latino*	1:00 - 2:00 pm
Slim with Gym	2:00 - 4:00 pm
Family Gym	4.00 - 6.00 pm

Saturday

Gym opening	9:00 am - 3:00 pm
Family Gym	12:00 - 2:00 pm

Family Gym— family fitness fun- **10-16yrs**
Please ask reception for details

Activity Description

Next Steps and Supervised Gym

For exercise on Referral clients—ask for details

Women Only -For women who are new to exercise or who are more comfortable exercising amongst other women

Cardiac Rehab— for referred clients

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

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- for men who are new to exercise or prefer to exercise amongst other men

NW Pole Conditioning: studio based-mobility, strength & conditioning class using Nordic Walking pole & techniques-*all levels*

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—ask an instructor for details

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



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

HealthWORKS Newcastle

2011

Gym
Activity
Programme



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