

# St Annes Adult Classes and Activities

## Ymca (St Annes)

Accurate as of 31/10/2024

### Times for Tuesday 5 November



| Time          | Session                   | Facility    | Instructor |
|---------------|---------------------------|-------------|------------|
| 06:15 - 07:00 | Body Pump (Virtual)       | Studios     | Virtual    |
| 07:00 - 07:45 | Spinning                  | Studios     | Lisa       |
| 07:15 - 08:00 | Body Balance (Virtual)    | Studios     | Virtual    |
| 09:15 - 10:15 | Zumba                     | Sports Hall | Suzy       |
| 09:15 - 10:30 | Tai Chi                   | Studios     | Elizabeth  |
| 10:45 - 11:30 | 50+ Exercise              | Sports Hall | Lynda      |
| 10:45 - 12:15 | Yoga                      | Studios     | Elizabeth  |
| 12:00 - 13:00 | Inner Strength Pilates    | Studios     | Lisa       |
| 12:30 - 13:00 | RPM (Virtual)             | Studios     | Virtual    |
| 13:30 - 16:00 | Open Play Short Mat Bowls | Sports Hall | -          |
| 14:00 - 14:45 | Fit Steps                 | Studios     | Suzy       |
| 17:00 - 18:00 | Body Combat               | Sports Hall | Les        |
| 18:00 - 18:45 | Spinning                  | Studios     | Mike       |
| 18:15 - 19:15 | Circuit Training          | Sports Hall | Sam        |
| 19:00 - 19:45 | Spinning                  | Studios     | Mike       |
| 20:00 - 21:00 | Body Balance (Virtual)    | Studios     | Virtual    |