

YOREBRIDGE SPORT & FITNESS, WENSLEYDALE CENTRE **ASKRIGG**

Yorebridge is starting a whole new series of fitness classes this September. Come along and see what difference they can make to your fitness levels!

From week beginning September 12th

Body Max Junior – Monday 12th from 6.30-7.30pm. For ages 12 and upwards – get fit in the gym using a mixture of cardio vascular machines, free weights, gloves and pads work.

Bootcamp – Tuesday 13th from 7am to 7.45am

Prefer to be outside? Then start your day with a fitness session before work or school and exercise outside...whatever the weather! Using tyres, kettlebells and other equipment, increase stamina, fitness and strength with a shorter, more intense class to kick start your metabolism for the day and increase energy levels. Have a well deserved shower afterwards.

Body Max Adults – Wednesday 14th from 6.30pm- 7.30pm. Use steppers, gloves and pads, medicine balls and other equipment in an effective workout to increase CV fitness and muscle strength and tone. Work to your own level to get the maximum effect from the minimum time.

Clinical Pilates – Thursday 15th from 6-7pm. A conditioning class for the whole body which strengthens and realigns, improves posture and breathing and increases flexibility. Core stability (the abdominal/back area) is increased thereby giving protection from injuries and bad backs.

From week beginning September 19th

Chair based exercise – Monday 19th from 10-30am- 11.30am. Is there something you could do last week/month that you can no longer manage? Come along to a chair based exercise class to help you live your life to the full and get back on track. This will improve your posture, prevent falls and help with mobility.

Please note our ever popular **Gentle Exercise** class for the over 50s continues to run on Fridays 10am-11am from **September 9th**. This helps to strengthen muscles, maintain co-ordination, flexibility and body tone and caters for all levels of physical ability.

All classes are £4 per session (£2 for premier gym members) except for Body Max Juniors which is £2 (free to junior gym members).

For queries or bookings on any of the above, please ring Jan on 01969 650060/07968 606571 or email admin@yorebridge-sport.co.uk