

GROUP FITNESS TIMETABLE JANUARY 2026



MONDAY

BOOTCAMP

5:45am-6:30am

CORE

5:45am-6:30am

AQUA FLOW

8:00am-8:45am

AQUA FIT

9:00am-9:45am

DANCE

9:30am-10:15am

PRYME LITE

10:30am - 11:15am

HIIT

4:30pm-5:15pm

A.B.T

4:30pm-5:15pm

POWER

5:30pm-6:15pm

YOGA

5:30pm-6:15pm

AQUA BLAST

5:30pm-6:15pm

TUESDAY

BOXFIT

5:45am-6:30am

AQUA THERAPY

8:00am-8:45am

AQUA CORE

9:00am-9:45am

BARRE

9:30am-10:15am

PILATES

10:30am - 11:15am

CORE

4:30pm-5:15pm

STRONG

5:30pm-6:15pm

WEDNESDAY

LIFT

5:45am-6:30am

REFORMER

5:45am-6:30am

BALANCE

7:00am-7:45am

AQUA FLOW

8:00am-8:45am

DEEP WATER

9:00am-9:45am

PRYME CIRCUIT

9:30am-10:15am

PILATES

10:30am - 11:15am

BLITZ

4:30pm-5:00pm

PUMP

5:30pm-6:15pm

AQUA BOXING

5:30pm-6:15pm

THURSDAY

BLITZ

5:45am-6:30am

AQUA BURN

9:00am-9:45am

TAI CHI

9:30am-10:15am

YOGA

10:30am - 11:15am

FUSION

12:30pm-1:15pm

STRONG

4:30pm-5:15pm

SPIN

5:30pm-6:15pm

PILATES

5:30pm-6:15pm

BOXFIT

5:30pm-6:15pm

FRIDAY

PUMP

5:45am-6:30am

REFORMER

5:45am-6:30am

AQUA FLOW

8:00am-8:45am

AQUA BOXING

9:00am-9:45am

LINE DANCE

9:30am-10:15am

PILATES

10:30am - 11:15am

SATURDAY

BONUS

7:15am-8:00am

YOGA

8:00am - 8:45am

SUNDAY

GROUP FITNESS TIMETABLE CLASS DESCRIPTIONS



GROUP FITNESS ROOM

BOOTCAMP: A high-energy class designed to build strength, endurance and grit through functional, full-body training.

BOXFIT: A fast paced session blending boxing combos with strength and cardio bursts.

LIFT: A technique focused class designed to teach and define the form while lifting, helping you build strength safely.

BLITZ: A high intensity class delivering rapid-fire strength and cardio bursts for a fierce, full body workout.

PUMP: A barbell based using light to moderate weight with high reps to build muscular endurance and strength.

DANCE: Dance through the decades with great music to keep you moving and fit.

PRYME LITE: Improving joint function and recovery through gentle and functional mobility training.

PRYME CIRCUIT: A low impact circuit class designed to boost strength, mobility and confidence through simple, steady and supportive station based training.

LINE DANCE: A fun energetic line dancing class that mixes catchy music with easy to follow steps for a joyful feel good workout.

FUSION: A dynamic workout blending strength and movement flow for a balance, full-body experience.

HIIT: A fast-paced workout combining bursts of intense effort with short recovery periods to boost fitness and burn fat.

POWER: A high-intensity workout that syncs body weight moves with music to build strength and stamina.

CORE: A slower-paced class that focuses on deep abdominal strength, control, and stability through intentional, focused movements.

STRONG: A technique-focused class that teaches proper form and training styles to build strength through resistance-based exercises.

SPIN: A high-energy indoor cycling class that builds cardio fitness and leg strength through powerful intervals and climbs.

BONUS: A surprise session where anything goes - fun, fresh and totally unpredictable to keep you moving and motivated.

WELLNESS ROOM

CORE: A slower-paced class that focuses on deep abdominal strength, control, and stability through intentional, focused movements.

REFORMER: Using a specialised machine called a reformer, this low-impact exercise targets muscles with precision, combining resistance and controlled movement for a full-body workout.

BARRE: A low-impact, ballet-inspired workout that strengthens and tones the body through small, controlled movements and high reps.

PILATES: A low-impact class that builds core strength, improves posture, and enhances body alignment through controlled, precise movements.

TAI CHI: A gentle, flowing practice that improves balance, flexibility, and mental focus through slow, controlled movements.

YOGA: A mindful movement class that improves flexibility, strength, and balance while promoting relaxation and mental clarity.

A.B.T: A high-energy class targeting your Abs, Butt, and Thighs, designed to strengthen, shape, and define your lower body.

HOW TO BOOK:

Bookings are essential for all group fitness and aqua aerobics classes.

To book:

1. See reception to help you set up a YMCA portal account.
2. **LOGIN** and head to 'Health and Fitness Programs'
3. Select '**View and Register Now**'
4. Select **Warwick** in Locations and and **Search**.
5. Find your class and **register**.

HYDRO POOL

AQUA FLOW: A gentle, low-impact session focused on mobility, balance and improving movement quality through smooth, flowing exercises.

AQUA THERAPY: Designed for individuals recovering from medical conditions or injuries. This class focuses on rehabilitation by improving balance, stability, and mobility. With low-impact exercises, it provides a safe and effective way to strengthen muscles, enhance coordination, and aid in recovery while minimising strain on the body.

25M POOL

AQUA FIT: An energising cardio + functional movement workout to boost overall fitness in a joint-friendly environment using no equipment.

AQUA CORE: A targeted workout to strengthen your core, improve posture, and enhance stability using water resistance.

DEEP WATER: A zero-impact deep-water workout using flotation gear to challenge cardio, core strength, and endurance—performed in the deep end of the 25m pool.

AQUA BURN: A fiery mix of strength + cardio designed to maximise calorie burn, increase endurance, and leave you feeling powerful. A great stepping stone before AQUA BLAST!

AQUA BOXING: Big punches, big kicks, big energy. A high-intensity boxing-inspired workout using water resistance for a full-body burn.

AQUA BLAST: Our high-intensity beast. Fast, explosive, heart-pumping and packed with pace. Expect BIG effort, BIG energy and a serious sweat.