

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:45	RPM 45 min / Mark / (2)	Spinning Endurance 45 min / Bryony / (2)	THE TRIP 45 min / Annette / (2)	Spinning Strength 45 min / Bryony / (2)	THE TRIP 45 min / Annette / (2)	
08:10						BodyPump 45 min / Kathryn / (1)
09:15					Legs, Bums & Tums 45 min / Sue / (1)	THE TRIP 45 min / Lee / (2)
09:30	THE TRIP 45 min / Shaun / (2)	THE TRIP 45 min / Natalie / (2)		THE TRIP 45 min / Natalie / (2)		
09:30	Step 45 min / Sue / (1)		Fatburner 45 min / Sue / (1)	RumPum 45 min / Sam / (1)		
10:30	BodyPump 45 min / Sue / (1)		Align & Define 45 min / Louisa / (1)		THE TRIP 45 min / Sue / (2)	
11:30			Young at Heart 45 min / Sue / (1)			
17:45		Sh'bam 45 min / Shaun / (1)	FightinFit 45 min / Sue / (1)	Sh'bam 45 min / Leo / (4)		
18:00	THE TRIP 45 min / Sue / (2)	Spinning Strength 45 min / Bryony / (2)	THE TRIP 45 min / Neil / (2)	Spinning Strength 45 min / Neil / (2)	THE TRIP 45 min / Neil / (2)	
18:00	RumPum 45 min / Sam / (1)	Pilates 45 min / Tracy / (3)		BodyPump 45 min / Kerri / (1)		
18:00	Legs, Bums & Tums 45 min / Karley / (3)					
18:40		Step 40 min / Sue / (1)	Stability Ball 45 min / Tracy / (1)			
19:00	FightinFit 45 min / Sam H / (1)			Hatha Yoga 45 min / Tracy / (1)		
19:15	Spinning Endurance 45 min / Neil / (2)	THE TRIP 45 min / Shaun / (2)	RPM 45 min / Mark / (2)	THE TRIP 45 min / Kerri / (2)		
19:15			Align & Define 45 min / Louisa / (3)			
19:30		BodyPump 45 min / Sue / (1)				
19:35			RumPum 45 min / Sam / (1)			
20:00	Pilates 45 min / Louisa / (1)					

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Please arrive early for your class!
15 minute early arrival is essential for new participants of cycle classes (including THE TRIP) for bike setup & induction.

Regular Classes
 Pay-as-you-go - £5.75
 Silver Membership - £27*
 Includes Gym and unlimited Regular classes
 20 Class Block Booking - £72*
THE TRIP Immersive Cycle Classes
 Pay-as-you-go - £7
 Gold Membership - £36*
 Includes unlimited THE TRIP, Gym and Regular Classes
 10 Class Block Booking - £55*
 Add-on - £4
 Per class with Bronze or Silver Membership*
 *Annual Charity Membership Fee applicable:
 £25 adult or £14 concession

Immersive Cycle

- Cycle
- Cardio
- Strength
- Wellbeing
- Dance
- Specialised

- (1) - Main Studio
- (2) - Cycle Studio
- (3) - Italia Studio
- (4) - Sports Hall 1



Scan to book online

CYCLE

RPM™ - A group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session.

SPINNING® STRENGTH - A group cycle workout that involves steady, consistent peddling with heavy resistance creating powerful muscles, ready to take on the biggest climbs.

SPINNING® ENDURANCE - This cycle classics all about maintaining a comfortable pace – keep a consistent heart rate for consistent fat burning!

Please note: You must arrive early to your cycle class as late admittance is not allowed for health and safety reasons. 15 minute early attendance is essential for new participants for bike setup and induction.

CARDIO

FATBURNER - An old-skool aerobics class suitable for all levels – An energetic cardio workout that will burn calories and tone up your body.

FIGHTINFIT - An exciting aerobic workout involving non-contact kick & punch combinations to pumping music - leaving you feeling Fightinfit with a healthy heart and a happy mind!

STEP - Choreographed step routines designed for all levels. A fantastic workout with great music that helps burn fat and tone up your legs and butts!

WELLBEING

ALIGN & DEFINE - A yoga-based fitness class that is choreographed to music. It's a combination of yoga postures that flow from one to the next. Together these improve strength & flexibility and help improve your mental wellbeing

HATHA YOGA - This class focuses on holding poses, breathing & meditation techniques with the goal of bringing about a sound, healthy body and a clear, peaceful mind.

PILATES - A no stress class that concentrates on strengthening the body with an emphasis on core strength. Pilates will help achieve better posture, lean muscles and increased flexibility.

THE TRIP™ – Immersive Cycle

THE TRIP™ is a fully immersive experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. Our 5-metre cinema-scale screen, huge sound system and 75-meters of colour-changing LEDs will truly take your workout into another dimension, while burning serious calories!

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DANCE FITNESS

RUMPUM - An exciting dance-style workout with uplifting music, the lights turned down and the disco turned up! Combining dance and combat moves this workout is guaranteed to get you fit with that Friday night feeling.

SH'BAM™ - The ultimate fun and sociable way to exercise. Featuring chart-topping popular hits and simple but seriously hot dance movies, SH'BAM™ is the perfect way to shape up-even if you're dance challenged.

MUSCULAR STRENGTH & CONDITIONING

BODYPUMP™ - The original barbell class will sculpt, tone and strengthen your entire body. Great music and your choice of weights inspire you to get the results you came for – and fast

LEGS, BUMS & TUMS - A complete body workout for new and experienced exercisers wishing to shape and tone those notoriously difficult areas.

STABILITY BALL - Define, tone and strengthen your entire body using the stability ball.

SPECIALISED

YOUNG AT HEART - A fun filled fitness workout for the body & mind aimed at the more mature. Incorporating low-impact moves for the heart & lungs, together with a variety of exercises to improve strength, flexibility, posture and balance.

