RUN X SWEAT Get Fit Fast – Change up your workout with a high intensity run x sweat class. Expect Intervals with a high heart rate combing floor work. Maintain performance at high levels of intensity/work rate. The concept combines moderate resistance with full use of a treadmill.

HIIT STEP is a NEW and innovative HIIT exercise class using only bodyweight and a step. Using the principles of High Intensity Interval Training, this class is choreographed to bespoke soundtracks created by some of the UK's top House DJs, HIIT Step is a high energy class that pushes you to new limits.

HIIT The class that fills you with dread as you know it will be intense. Short but sweet bodyweight class, you know it gives you the guaranteed results. A total heart pumping, aerobic and endurance interval training workout!

CORE If you think this is all about lying on the floor then you're incorrect! Our Core class is designed to strengthen and tighten those midline muscles using body weight and weighted exercises.

SCULPT A class using bars, dumbbells and plates alternating with lower body and upper body exercises. If you're used to just going to the gym and lifting weights with low reps then come see how you survive high reps limited rest - change up that routine!

BUMP TO BABY Join our pre and post natal specialist Becky who will take you through a full body workout designed for new Mums. Babies, toddlers and small children are welcome too!

SPRINT 45 Expect a theme with our high intensity cycling workouts with limited intervals. A class that gets your body warmed up as soon as your butt hits that seat – but don't be expecting to sit down for long!

FREESTYLE45 A great cardio spin workout incorporating hill climbs and sprints! Designed to improve endurance and fitness to ensure that you leave with that feel good factor!

DARE Come to a class of the unknown! Get pushed to your limits and challenge yourself. Work hard, sweat even harder. Build your fitness and feel the burn whilst sweating it out to the hottest beats around.

CONDITIONING WITH CARDLE A boxing fitness class for all abilities with local ex-GB athlete and Champ Scotty Cardle. Boxing with a twist.

UPPER/LOWER Much like you would do on the gym floor, but in a group exercise format. Learn to move stronger through these program based classes that will improve your resistance training in a methodological way.

BUILD Want to build on a movement such as a squat or deadlift? This workshop based class will have you focussing on one movement and being great at it.

BOX FIT is one for the engine! A class designed to increase anaerobic output by incorporating conventional cardio with aspects of boxing fitness. Increasing that engine can be fun, we promise!

ROUNDS A fast paced circuit workout consisting of a variety of movements designed to work the whole body. 12 rounds of fitness where you are your only opponent.

ROUNDS X This shorter version of our popular Rounds class will have you in and out in 30 minutes!

METCON Come and join us for a full body Metabolic conditioning workout! Sustain a high effort over a short period of time - bring that heart rate down and ramp it back up. Expect to see your fitness levels increase with this class!

SWEAT Prepare to Sweat, The purpose behind this class is to work on you & your engine, challenging you to get comfortable with the uncomfortable. The class structure is designed to be competitive and will require an aspect of team!

SWEAT X This shorted version of our popular Sweat class will have you in and out in 30 minutes!

YOGA Functional principled Yoga from the Tibetan tradition. A mindful, therapeutic class experiencing the physical and emotional well-being that comes from a somatic philosophy.

VINYASA YOGA A strong Vinyasa Flow focussing on strength, alignment, flexibility and balance. A yoga class to complement your usual training programme, lengthening muscles, improving your flexibility and joint mobility. Open to all levels.

ROM Aimed to gain mobility for strength lifting, flexibility and balance. Treat your body right by helping improve range of movement.

FOREVER FIT Designed at people 50+ years based around movement and stretching to enhance longevity, allow you to feel great and youthful.

PILATES Combing strengthening the muscles with relaxation; they lighten the load on your spine and joints correcting muscular imbalances caused by bad posture and tension. Increasing strength, flexibility and mobility along with physical and mental awareness.

BARRE Ballet inspired movements help create a lean body focusing on core.

BROGA Men's only Yoga. A functional movement class for Men, focusing on improving mobility, stability and flexibility.

YOUR GYM 2.0

UNIT 1 - 5 LYTHAM TRADE PARK | PRESTON ROAD
LYTHAM ST. ANNES | FY8 5FP
01253 732400 | yourgymfitness.co.uk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15AM SWEAT WITH 45MINS JOE WILKINSON	6AM FREESTYLE WITH 45MINS CONNER WILLIAMS	6.15AM DARE WITH 45MINS GREG LEAN	6AM UPPER WITH 45MINS ROB WARD	6.15AM SWEAT WITH 45MINS CONNER WILLIAMS	8.30AM SWEAT WITH 45MINS NINA LANGLEY	8.15AM SWEAT WITH 45MINS CONNER WILLIAMS
7AM CORE WITH 30MINS JOE WILKINSON	6.30AM RUN X SWEAT WITH 45MINS JOE WILKINSON	6.30AM ROUNDS WITH 45MINS MAX WILLIAMS	6.45AM METCON WITH 30MINS BECKY LOVATT	9.30AM FREESTYLE 45 WITH 45MINS CONNER WILLIAMS	9.15AM BUILD WITH 45MINS NINA LANGLEY	9.15AM BUILD WITH 45MINS CONNER WILLIAMS
9.30AM ROUNDS WITH 45MINS JOE WILKINSON	9.30AM BARRE PILATES WITH 60MINS TRACY COYNE	9.15AM RIG 45 WITH 45MINS MAX WILLIAMS	9.30AM SWEAT WITH 45MINS BECKY LOVATT	10.30AM SCULPT WITH 45MINS CONNER WILLIAMS	9.30AM SPIN WITH 45MINS ROB / LUCY	10.15AM HIIT WITH 30MINS JOSH LANGLEY
9.30AM SPRINT X WITH 30MINS STEVE GREGSON	9.30AM BOX FIT WITH 45MINS CONNER WILLIAMS	9.15AM BUMP TO BABY WITH 45MINS BECKY LOVATT	9.30AM ZUMBA WITH 45MINS LEIGH HAMILTON	9.30AM BARRE PILATES WITH 60MINS TRACY COYNE	10AM METCON WITH 30MINS CALLUM TAYLOR	11AM VINYSA YOGA WITH 90MINS JULIA WREN
10.15AM FOREVER FIT WITH 45MINS RACHEL LANGLEY	10.30AM SCULPT WITH 45MINS CONNER WILLIAMS	10.15AM ROM WITH 45MINS GREG LEAN	10.30AM CORE WITH 30MINS BECKY LOVATT	10.30AM FOREVER FIT WITH 45MINS STEVE GREGSON	10.15AM CARDLE BOX WITH 45MINS SCOTT CARDLE	11AM CORE WITH 30MINS JOSH LANGLEY
5PM HIITSTEP WITH 45MINS NINA LANGLEY	12.15PM RIG WITH 45MINS CONNER WILLIAMS	5.15PM SWEAT WITH 45MINS ROB WARD	11AM VINYSA YOGA WITH 60MINS JULIA WREN	4.30PM ROUNDS WITH 30MINS MAX WILLIAMS	10.30AM CORE WITH 30MINS CALLUM TAYLOR	
5PM LOWER WITH 45MINS CALLUM TAYLOR	5PM SWEAT WITH 45MINS MAX WILLIAMS	5.45PM HIIT STEP WITH 45MINS NINA LANGLEY	4.30PM LOWER WITH 45MINS LUCY GARDINER	5.30PM SPRINT WITH 30MINS MAX WILLIAMS		
5.45M CORE WITH 30MINS NINA LANGLEY	5.30PM BOX FIT WITH 45MINS GREG LEAN	6.30PM BARRE WITH 60MINS TRACY COYNE	5.10PM SWEAT WITH 45MINS JOE WILKINSON			
6.15PM SPRINT WITH 30MINS LUCY GARDINER	5.45PM CORE WITH 30MINS MAX WILLIAMS	6.30PM CARDLE BOX WITH 45MINS SCOTT CARDLE	5.30PM SPRINT WITH 30MINS LUCY GARDINER			
6.30PM BUILD WITH 45MINS NINA LANGLEY	6.15PM ROM WITH 45MINS GREG LEAN	7.15PM SCULPT WITH 45MINS NINA LANGLEY	6.15PM CORE WITH 30MINS JOSH LANGLEY			
6.30PM PILATES WITH 60MINS STEPH PERCIVAL KING	6.30PM GO TRI WITH 60MINS BILL SHAW	8PM VINYSA YOGA WITH 60MINS JULIA WREN	7PM BUILD WITH 45MINS LUCY GARDINER			
6.30PM BROGA WITH 60MINS KATHRYN STEVENS	7PM UPPER WITH 45MINS MAX WILLIAMS					
	7PM VINYSA YOGA WITH 60MINS DIANE TURNER					

YOUR GYM

- FIIT LAB
- SPIN NATION
- SKILL ATHLETIC STUDIO
- WELLNESS STUDIO