

# St Annes Adult Classes and Activities

## Ymca (St Annes)

Accurate as of 28/07/2026

### Times for Friday 17 July



| Time          | Session                   | Facility                | Instructor |
|---------------|---------------------------|-------------------------|------------|
| 07:00 - 07:45 | Spinning                  | Studios                 | Lisa       |
| 07:00 - 07:45 | Body Pump                 | Studios                 | Les        |
| 09:15 - 10:00 | Zumba Tone                | Studios                 | Suzy       |
| 09:15 - 10:30 | Tai Chi                   | Studios                 | Elizabeth  |
| 10:30 - 11:15 | Roc Box                   | Studios                 | Suzy       |
| 10:30 - 13:00 | Open Play Short Mat Bowls | Sports Hall             | -          |
| 10:45 - 12:15 | Hatha Yoga                | Studios                 | Elizabeth  |
| 11:30 - 12:15 | 50+ Exercise              | Studios                 | Lucie      |
| 12:30 - 13:00 | Sprint (Virtual)          | Studios                 | Virtual    |
| 17:15 - 17:45 | Sprint (Virtual)          | Studios                 | Virtual    |
| 17:30 - 18:00 | Core (Virtual)            | Studios                 | Virtual    |
| 18:00 - 18:30 | Synrgy                    | Y:Active Fitness Studio | Sam        |
| 18:00 - 18:30 | RPM (Virtual)             | Studios                 | Virtual    |
| 18:15 - 19:15 | Body Combat (virtual)     | Studios                 | Virtual    |
| 18:45 - 19:15 | The Trip (Virtual)        | Studios                 | Virtual    |