

# Activities & Classes

## Gym:

### Strength & Conditioning

Coach-led strength + cardio intervals using bars, kettlebells and body weight. Scalable for all levels.

### Legends Strength & Conditioning

Friendly group with low impact coaching that pushes you safely. (Community Class)

### Calisthenics

Coach-led bodyweight strength and mobility: pull, push, core and balance. No machines, just you.

### Bootcamp

Coached high-energy circuits mixing strength, cardio and team challenges.

### Friday Night Circuits

Stations for strength, cardio and core with timed coached sessions. End your week on a high!

### Super Saturday

Stations for strength, cardio and core with timed rounds. The perfect coached weekend workout!

### Family Open Gym

Shared gym time so adults and young people can train side-by-side. Children age 5+ accompanied by an adult.

## Climbing Centre:

### Climbing Community

Like-minded climbers training together share tips, build skills, enjoy the walls.

### Learn to Boulder

Coach-led basics, an introduction for novices to the climbing community, gain the skills to boulder competently.

### Learn to Top Rope

A structured course to begin your climbing journey, techniques, skills, belaying and movement. Want to learn how to become a competent climber? This session is for you, you'll gain confidence on all the walls within our facility.

### Learn to Lead

Lead Climbing is an advanced way to scale our walls and opens access to all our walls as well as providing the skills to climb independently at many other centres. Bookable on request.

### Legends Climbing

Supportive, joint-friendly coaching for mature beginners, build grip strength and mobility with problem solving.

## Studio:

### BOCCIA

Inclusive precision ball game (like bowls) for people with disabilities. Roll, throw or kick soft balls close to the jack-play seated or standing, skilful and relaxed.

### Table Tennis

Friendly, accessible and inclusive table tennis for people with disabilities. Social, confidence-building and great for coordination.

### Self Defence

Practical techniques to build confidence, awareness and personal safety, in partnership with You Can Do Sport.

### Tai Chi

Slow, flowing sequences for balance, mobility and calm focus.

### Dance Fit

Music-led cardio with simple choreography and fitness that feels good.

### Core & Restore (Pilates-inspired)

Deep core strength, mobility and breath; leave feeling reset.

### Gentle Yoga

Accessible movement, breathwork and relaxation at a steady pace.

### Vinyasa Yoga

Flowing, dynamic practice linking breath and movement for strength and focus.

## Outdoor:

### Bike Community Trail

Three ways to ride: Community Trail for relaxed laps with gentle drops and hills; Pump Track Beginner to learn balance and braking on rollers and berms; Pump Track Intermediate for faster lines to build speed, timing and confidence.

### Multi-Use-Courts (Basketball, Netball, Tennis)

For games and casual matches.

See Open Sessions for bookable time slots.

### Athletics Track & Field

Lanes and field areas for intervals, drills and technique work.

See Open Sessions for bookable time slots.

### Football

All-weather play on 3G pitches. Check online to book five-a-side, seven-a-side or full 11-a-side games.

### Walking-Football

A slower-paced, low-impact version of the game focused on teamwork, fitness and fun, in partnership with You Can Do Sport.

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## Coached Sessions

Morning

7:00-8:00 Strength & Conditioning
9:30-10:30 Strength & Conditioning
10:00-11:00 Learn to Boulder
10:30-11:30 Legends Strength & Conditioning †
11:00-13:00 Learn to Top Rope
11:00-13:00 Legends Climbing

7:00-8:00 Strength & Conditioning
8:00-8:30 No Sweat Intro
9:30-10:30 Strength & Conditioning
9:30-10:30 Inclusive Table Tennis †
10:45-11:45 BOCCIA Compete †

7:00-8:00 Strength & Conditioning
9:30-10:30 Gentle Yoga †
9:30-10:30 Strength & Conditioning
10:00-11:00 Learn to Boulder
11:30-13:30 Legends Climbing
11:00-13:00 Learn to Top Rope

7:00-8:00 Strength & Conditioning
9:30-10:30 Strength & Conditioning
9:30-10:30 BOCCIA †
10:00-11:00 Learn to Boulder
10:45-11:45 BOCCIA †
11:00-13:00 Learn to Top Rope

7:00-8:00 Strength & Conditioning
9:30-10:30 Strength & Conditioning
10:00-11:00 Learn to Boulder
10:30-11:30 Legends Strength & Conditioning †
11:00-13:00 Learn to Top Rope
11:00-12:00 Core & Restore

9:30-10:30 Super Saturday
11:00-11:30 No Sweat Intro
11:00-12:00 Learn to Boulder

9:30-10:30 Bootcamp
11:00-11:30 No Sweat Intro

Afternoon

12:00-13:00 Legends Strength & Conditioning †
15:30-16:00 No Sweat Intro

12:00-13:00 Core & Restore
15:30-16:30 Legends Strength & Conditioning

12:00-13:00 Walking Football
15:30-16:30 Legends Strength & Conditioning

12:00-13:00 Tai Chi
19:30-20:15 Dance Fit

12:00-13:00 Legends Strength & Conditioning †
18:00-19:00 Learn to Boulder
19:00-21:00 Learn to Top Rope
19:00-20:00 No Sweat Intro

14:00-14:30 No Sweat Intro
15:00-17:00 Learn to Top Rope

14:00-14:30 No Sweat Intro
13:00-14:00 Learn to Boulder
15:00-17:00 Learn to Top Rope

Evening

17:30-18:30 Strength & Conditioning
18:30-19:30 Vinyasa Yoga
19:00-21:00 Climb Community
20:00-21:00 Self Defence

17:30-18:30 Strength & Conditioning
18:00-19:00 Learn to Boulder
19:30-20:30 Calisthenics

17:30-18:30 Strength & Conditioning
19:30-20:15 Dance Fit

17:30-18:30 Friday Night Circuits
18:00-19:00 Learn to Boulder
19:00-21:00 Learn to Top Rope
19:00-20:00 No Sweat Intro



**Book Today**

or search  
YMCA Newark  
& Sherwood  
in your App  
Store

## Open Sessions

6:45-21:00 Strength & Conditioning Indoor & Outdoor Gym
7:00-17:00 Athletics Track
7:00-Dusk* Multi-Use Courts
9:00-21:00 Bouldering
9:00-21:00 Roped Climbing
15:30-17:30
18:00-20:00 Bike Tracks

6:45-21:00 Strength & Conditioning Indoor & Outdoor Gym
7:00-17:00 Athletics Track
7:00-Dusk* Multi-Use Courts
9:00-21:00 Bouldering
16:00-21:00 Roped Climbing
15:30-17:30
18:00-20:00 Bike Tracks

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13:00-16:00 Bike Tracks

All Classes are subject to availability and correct at time of document creation only. For latest information check online.

\*Check online for latest times and to book