Gym Timetable @ The Bridge

Any Group with a * will need to be booked in advance. All Bridge Zoom groups are on this Timetable and can be accessed via our website.
Any other groups that may exist are not ran by or affiliated with Bridge. For gym activities see gym timetable.

Monday	Tuesday	Wednesday	Thursday	Friday
9.30am – 4.00pm	**9.30am – 4.00pm**	**12.00pm – 4.00pm**	**9.30am – 4.00pm**	**9.30am – 3.30pm**
10.30am-11.30am **Member Led Couch to 5k *** (60 minutes)	10:00-11:00am **Health Check Drop In**	1.00pm -1.45pm **PUMP *** (45 Minutes)	10:00-10:15am **15 Minute Workshop** **Check A-Board outside Gym**	10.30am-11.30pm **Member Led Couch to 5k *** (60 minutes)
12.00pm – 12.45pm **Pilates/Yoga** (45 minutes)	11.00am – 11.30am **Group Gym Induction *** (30 minutes)	3.00pm – 3:30pm **Group Gym Induction *** (30 minutes)	10.30am – 12.00pm **Member-Led Circuits Class** (60 Minutes)	11.00am – 11.30am **Group Spin Class *** (30 minutes)
1.00pm – 1.30pm **Group Gym Induction *** (30 minutes)	11.30am - 12.15pm **Run. Lift. Repeat.** (45 minutes)		12.30pm – 1.00pm **Aerobics** (30 minutes)	12.30pm – 1.00pm **Group Gym Induction *** (30 minutes)
2.00pm – 2.30pm **Lift Club** (30 minutes)	13:30pm-13:45pm **15 Minute Workshop** **Check A-Board outside Gym**		2.00pm – 4.00pm **Women Only Gym**	
	2.00pm – 4.00pm **Women Only Gym**		2.30pm – 3:00pm **Group Gym Induction *** (30 minutes)	
Gym Buddies and 1:1's Available Throughout the Day	**Gym Buddies and 1:1's Available Throughout the Day**	**Gym Buddies and 1:1's Available Throughout the Day**	**Gym Buddies and 1:1's Available Throughout the Day**	**Gym Buddies and 1:1's Available Throughout the Day**

There will be no classes on **October 30th** except Couch to 5k.

THURSDAY 29TH OCTOBER – ONE OFF HALLOWEEN FANCY DRESS NEON AEROBICS @ 12NOON!

www.inspireservice.co.uk | 01604 217620 | wn.info@inspireservice.co.uk

GREEN

Gym Timetable Class Descriptions

Group Induction - An introduction to the gym space and equipment. Learn how things work and feel more confident getting started. You **MUST** complete an induction prior to using the gym. During the induction you will be offered 1:1 support.

Spin - Indoor cycling at your own pace. A great cardio workout — you control the resistance, so it suits all levels.

Pump - A full-body strength class using weights. Builds strength and tone — you choose how heavy or light to go. Suitable for all levels.

Circuits - A mix of exercises using various equipment, completed in short bursts. Move around stations at your own pace — adaptable for all abilities.

Kettlebells - Strength and movement using kettlebell weights. Helps build strength, balance, and coordination — options for beginners.

Zumba - A fun, dance-based workout set to music. No experience needed — just move and enjoy it.

Aerobics – A fun and easy to follow workout to music incorporating dance and body weight movements. All welcome.

Yoga/Pilates – A calm, low impact blend of yoga and Pilates focusing on strength, flexibility, posture, and relaxation. Slow paced and suitable for all levels.

Couch to 5K - A gentle, guided running programme starting from walking. Designed to build confidence and fitness gradually.

Wellbeing/Health Check - A supportive drop-in to check key health measures like blood pressure, weight, body composition, and lung function. You can also talk through any health concerns, get guidance, and be supported with contacting your GP if needed.

Women Only Gym (Tues & Thurs 2–4pm) - A private, relaxed space just for women. Train at your own pace in a calm and supportive environment.

Healthy Hearts & Lungs Drop-In - A supportive session to discuss heart and lung health. Part of our cardiac Phase 4 and pulmonary rehabilitation service, offering guidance, monitoring, and support for managing related conditions.

Run. Lift. Repeat. – A HYROX inspired class infusing Interval style training to a set race plan. Includes various equipment and movements throughout the session.

15 Minute Workshop – A short, practical session focussing on specific styles of exercise, pieces of equipment or skills to help you train safely and confidently. Check the A-Board outside the gym to the days exercise.

Virtual Body Attack – An energetic, instructor-led cardio workout shown on screen, combining athletic movements, strength exercises, and high-intensity intervals, with lower impact options available.

Virtual Body Combat – A high-energy, no-contact martial arts-inspired workout combining punches, kicks, and cardio movements, with lower imp0act options available

Run. Lift. Repeat. – A HYROX Inspired interval class combining running with strength exercises and equipment-based challenges, adaptable for different fitness levels.

Support Options

1:1 Personal Training - Book a one-to-one session for personalised support, guidance, and goal setting. Tailored fitness plans available to suit your goals.

Supported Start (*Level 1*) - One-to-one support to help you get started safely and build confidence in the gym. Perfect if you are new to the gym or starting again after a long period of time. Personalised training plans and guidance available.

Build & Progress (*Level 2*) - Ongoing support as you develop your routine. Includes guidance, gym buddy support, and help building confidence.

Independent Training (*Level 3*) – As long as you have completed a Gym Induction and feel confident. You can use the gym on your own, staff are available if needed.