

NEW SESSIONS

THIS GIRL CAN

Interval training, alternating bursts of speed with longer recovery intervals, is now considered a beneficial exercise for more than just athletes. Interval training can consist of bursts of speed for a set amount of time or for a distance.

These intervals are then followed by a longer period of rest with either walking or jogging, depending on your fitness level. This type of training helps to improve aerobic capacity, which benefits heart health as well as weight loss.



Couch to 5K is a running plan developed to help absolute beginners get into running. The programme involves three runs per week, with a day of rest in-between, with a different schedule for each of the nine weeks.

On week 10 we head to Lytham hall as a team to complete Lytham hall Parkrun.



Ladies Boot Camp challenges every muscle in your body and with little rest in between each set; you're bound to feel the burn and intensity. By constantly moving for 45 minutes, your body has no time to rest, therefore your burning hundreds of calories, even when you stop. It's a way to challenge your body and mind into doing a workout, which leaves no prisoners.

It's for the strong, the weak, the fit, and the not so fit. There is no discrimination, as long as you have the will to finish what you started. The benefits of bootcamp are astonishing

For more information regarding activities, please contact Jonas Bartle:

Tel: 07841871098

Email: Jonas.bartle@fyldecoastymca.org

WHAT IS Y:WOMEN CAN?

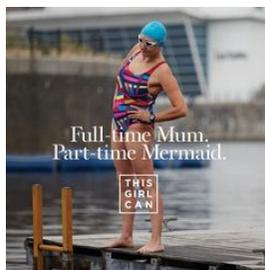
Y:Women Can is the YMCA's newest project funded by Sport England, the projects aim is to increase once a week participation in sport for women and girls aged 14 + across three core sports – running, cycling and swimming. Taking place across the Fylde area, Y: Women Can will **'Empower and Encourage more Women to become Physically Active'**



All classes are free with the relevant YMCA membership

*****Couch to 5k sessions start w/c 29th of Jan to book a place please call or email, numbers are strictly limited*****

- All of our sessions are for women only,
- All sessions are lead by Fully qualified Instructors
- We welcome Ladies of all ages and abilities
- If you are not a member of the YMCA you are still more than welcome, each session will cost just £2



Jan - March 2018

YMCA

Y:Women Can-Fylde



@ywomencaan

Y:WOMEN CAN



Get active and be inspired by our range of activities available to you. All activities are non-competitive and are operated by our qualified team of Sport Activators.

Why not try them all?

YMCA

Y:WOMEN CAN PROGRAMME



	YMCA Lytham. 01253 739166 Mythop Road. FY8 4HB YMCA Rural Splash Kirkham. 01772 682989 Station Road. PR4 2HA	YMCA St Annes Pool & Gym. 01253 722986 South Promenade, FY8 1SW YMCA St Annes. 01253 724117 St Albans Road. FY8 1XD	Running Sessions	Boot - Camp	Cycling Sessions
			Coming Soon	Beginners Circuit-Training	
MONDAY		5k and beyond running 18.30 -19.30 St Annes Pool & Gym £2	*Couch to 5k Running 18:30-19:30 St Annes Pool & Gym £2	Interval training running 18:30-19:30 St Annes Pool & Gym £2	Spinning for beginners 20:00-20:45 YMCA St Annes £2
TUESDAY	*Couch to 5k Running 06.30 - 7.30 YMCA Kirkham £2			Spinning for beginners 18:00-18:45 YMCA Lytham £2	Beginners Circuit Training 18.30 - 19.00 St Annes Pool & Gym £2
WEDNESDAY	Boot - Camp (Jan 17th onwards) 06.45 - 07.30 Lytham lifeboat centre £2				
THURSDAY					Couch to 5k Running 18:30-19:30 Lytham lifeboat centre £2
FRIDAY		5k and beyond running 10:00-11:00 Lytham Hall £2	*Couch to 5k Running 11.30 - 12.30 Lytham Hall £2		
SATURDAY	Parkrun 09:00-10:30 Lytham Hall FREE				
SESSIONS STARTING LATER THIS		Run Walk Run Day/Time TBC	Ladies only walking football Day/Time TBC	New Couch to 5k sessions Day/Time TBC	Boxercise Day/Time TBC