

**Active seniors:**

Group Exercise program for the over 60's focusing on functional easy to follow exercise.

**Burn45:**

This is a high energy 45 minute functional fitness class designed to work your whole body. Included is an ever changing range of exercises targeting your upper and lower body with an emphasis on core stability. Take the challenge today!

**Gold-Fit:**

Gold Fit is a targeted gym based programme for over 60's designed to support independent lifestyles. Based on functional movement, the programme offers modified sports, social activities and outdoor challenges.

**Muscle Sculpt:**

Build the body you want with a variety of weight bearing & body weight exercises designed to build muscle and create definition.

**Spin:**

High energy class that will see you doing anything from endurance strength or sprint exercises.

**Zumba Gold:**

Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity.

**Pilates:**

With total focus on core ability, muscle balancing, joint release and breathing techniques, Pilates teaches you a higher level of body awareness to create a stronger body posture and an energized mind.

**Zumba:**

Join the party! Latin rhythms and easy to follow moves create a dynamic fitness program that will blow you away. You will love working out and you will be hooked.

**Yoga:**

Bring balance to your body, mind and spirit through the development of strength and flexibility combined with breath control and relaxation methods. Yoga has the power to calm the mind increase concentration, improve well-being and can be a powerful antidote to stress.

# Group Exercise

## Timetable



**YMCA Ellerslie**

46 Michaels Avenue, Ellerslie



# YMCA Ellerslie Recreation Centre Group Fitness Timetable

## Winter 2020

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Early Morning</b>	6:00am  Greg	6:00am <b>BURN 45</b> Matt		6:00am <b>BURN 45</b> Emily	6:00am <b>BURN 45</b> Matt	8:00am <b>BURN 45</b> Caty	8:15am <b>BURN 45</b> Ema
<b>Morning</b>	9:30am  Renee	9:00am <b>Muscle Sculpt</b> Karen	9:30am Active Seniors Ngairene	9:30am  Sonia	9:30am <b>Muscle Sculpt</b> Emma	9:00am  Olga	9:00am Pilates  Caty
	10:30am <b>GOLD FIT</b> Lynanne	10:00am <b>ZUMBA GOLD</b> Sonia		10:30am <b>GOLD FIT</b> Lynanne			
<b>Early Afternoon</b>	12:00pm Tai Chi				12:00pm Tai Chi		
<b>Evening</b>	6:00pm Caty	6:00pm <b>BURN 45</b> Emily	5:00pm <b>BURN 45</b> Ema	6:00pm <b>Muscle Sculpt</b> Frances			
	7:00pm  Olga	7:00pm  Mans	6:00pm  Sarah	7:00pm Pilates  Ingrid			

## Booking Required Until Level 1

- Group Exercise classes must be booked by phone (no voice messages) or in person.
- Email booking requests are accepted but you place is not secure until reception have confirmed.
  - Bookings open the day before the class

Call on 09 579 4716 or email [Ellerslie@ymcauckland.org.nz](mailto:Ellerslie@ymcauckland.org.nz)