

Active Seniors: Group Exercise programme for the over 60's focus on functional easy to follow exercise.

BlastHT: A high intensity group training, BlastHT sessions run for 60 minutes with a variety of activities including circuits, boxing, tabata and heaps more!

Box & Burn: A high energy class focusing on boxing technique and strength drills.

Jumpstart: A 10 week Fitness programme for people with diabetes & pre diabetes.

Muscle Sculpt: The focus of the class is on high repetition movements with low weight loads to sculpt your muscles faster.

Never2old: Is a gym based programme for the over 60's focus on functional easy to follow exercises designed to support an independent lifestyle.

Pilates: Classes emphasise the balanced development of the body through core strength, controlled breathing, flexibility and awareness.

Spinning: A high energy class that will have you doing endurance, strength or sprint exercises on the cycle.

Step: This workout will have you doing simple movements on, over and around a height adjustable step, perfect for fat burning and toning.

Xpress-Fit: A high intensity group training, Xpress-Fit sessions run for 30 minutes with a variety of activities including circuits, tabata and heaps more!

Yoga: Is best known as a spiritual, mental and physical discipline. Develop your strength and flexibility whilst focusing on breath control and relaxation.

Zumba: Combines Latin rhythms with easy to follow moves creating dynamic dance based exercise.

Zumba Gold: A toned down version of Zumba. Combines Latin rhythms with easy to follow moves creating dynamic dance based exercise.

YMCA at the Ellerslie Recreation Centre
46 Michaels Avenue, Ellerslie
Phone: 09 579-4716



GROUP

EXERCISE

TIMETABLE



Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	Spinning 6:00am	XPRESS-Fit 6:00am			XPRESS-Fit 6:00am	BlastHT 8:00am	
Mid Morning	Yoga 9:30am	Muscle Sculpt 9:00am	Active Seniors 9:30am	Zumba 9:30am	Muscle Sculpt 9:30am	Yoga 9:30am	Pilates 9:00am
Late Morning	Never2old 10:30am	Zumba Gold 10:00am		Never2old 10:30am	Never2old 10:30am		Yoga 10:30am
Afternoon			Step 5:30pm			XPRESS-Fit 2:00pm	XPRESS-Fit 2:00pm
Evening	BlastHT 6:00pm	BlastHT 6:00pm	Spinning 6:00pm	Muscle Sculpt 6:00pm	Zumba 6:00pm		
Late Evening	Zumba 7:00pm	Yoga 7:00pm	Box & Burn 6:30pm	Pilates 7:00pm			