

BURN – Short, sharp and effective! These classes are 30 minute high intensity circuit workouts delivered by our trainer of the day!

Ab Blast – Ab blast is a short, sharp and sweet high intensity workout for those ever so hard to work abdominals!

GoldFit– is a program designed for seniors to assist with balance, strength, health, and also a way to make new friends!

Spin – Spin is a 60 minute high intensity cycling session. Get in quick, these classes are popular and bikes fill up fast!

Core Power – Core power is a 30 minute core intensive session, focusing on butt, back and abs. A great way to improve stability.

Aqua Fit – Aqua Fit is a low impact aqua aerobics class that is green prescription approved for special populations.

Bolly Sculpt – It is pump with a twist, to Bollywood music! Join Ella on Sunday mornings for this fun-filled class.

Box & Burn – Box and burn is a boxing circuit class taken by our certified boxing instructor Jacob. No cardio compares!

Aqua Blast – It is aqua aerobics on steroids! Aqua blast is high intensity aqua aerobics, with elements of Zumba.

Bolly Robix – Aerobics to Bollywood music? A one of a kind class for our Cameron Pool & Leisure members.

Step Power – Step is still going strong! A moderate intensity class, step works on those all-important cardio components.

Jumpstart – This is the specific YMCA programme for those with Diabetes. Enquire at reception and see if you are eligible.

Zumba – Cameron Pool's most popular class, and with good reason. Smooth South American beats, for anyone down for fun.

Pilates – Low impact core stabilization is the name of the game! Pilates will tone, tighten and firm those not so chiseled spots.

Yoga – The perfect way to meet, greet or farewell the day. Yoga is here for your peace of mind.

Contact Details
Here

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	Spin Rocky	Power Play Dani	Pilates Annie				
6am	Burn Shweta			Burn Kolo	Burn Shweta		
7am						Aqua Blast Chris	
8am						Burn Robyn	Burn Robyn
9am	Gold Fit Robyn	GRx Low-Impact Class Nicola	GRx Low-Impact Class Dianne	Gold Fit Robyn			Bolly Sculpt Ella
9.30am			Aqua Blast Chris				
10am							Bolly Robix Ella
11am	Aqua Fit Robyn	Aqua Fit Robyn	Aqua Fit Chris	Tabata Aqua Fit Robyn	Aqua Blast Iliyana		
4.30pm							Burn Beldor
5.30pm	5.45 Ab Blast Danni		Core Power David (30mins)		Burn Kolo		
6pm	Box & Burn Danni		Step Power OR Ella	Burn David			
6pm	Spin Sharon	Spin Annie	Spin Rocky	Spin Sharon			
7pm	Zumba Barbara	Aqua Fit Robyn	Zumba Aggie	Yoga Dianne	Core Power Robyn		

All Burn classes are 30mins - located in cardio room

