

Group Exercise

Timetable

Spinning

Indoor cycling that improves cardiovascular health, helps in weight loss and improves lower body muscle tone

Strength

Working big muscle groups using free weights and machines in the gym.

Muscle Sculpt

Improve muscle tone, excellent for weight loss and increasing bone density

HIIT

Improve muscle tone, excellent for weight loss and increasing bone density.

HIIT30

Working big muscle groups with simple un-choreographed, high intensity interval training to get quick results

Zumba Gold

Same as Zumba but a lower impact classes great for beginners

Functional

In this class we focus on all areas of fitness including, strength, cardio, core strength and co-ordination.

Yang Yoga

Targets strength, flexibility, balance and releases tension. Emphasis on breath soothes nervous system and induce relaxation.

Yin Yoga

Mindful and slow yoga that helps strengthens fascia, joints and ligaments. There are props in this class to help with poses.

Goldfit

Focus on fitness and wellbeing. Low intensity class that helps with mobility, balance and muscle strengthening.

Movement Therapy

Seniors focused class that helps with mobility, balance and coordination. It also helps with heart health and wellbeing

Boxing

With partners, using gloves and pads. Improves cardiovascular health, muscle tone and coordination.

TABATA

High intensity interval training that gets your heart rate up in that very hard anaerobic zone for a short period of time.

Pilates

Improves flexibility, increased core strength and muscle tone.

Core Power

Held on the gym floor. Helps in stability, better posture and strengthening the abdominal area. Great for injury prevention



North Shore
(09) 4807099



Green Classes are low intensity classes Blue classes are gym-based classes Black classes are in the GX studio (upstairs)

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	6am (30min) TABATA (Gym Based)	6am (30 min) HIIT30 (Gym Based)	6am Spinning Melinda	6am (30 min) Strength (Gym Based)	6am (30 min) Functional (Gym Based)		
	6.30am (30 min) Strength (Gym Based)	6.30am (30 min) Core Power (Gym Based)	6.30am (30 min) Boxing (Gym Based)	6.30am (30 min) HIIT30 (Gym Based)	6.30am (30 min) TABATA (Gym Based)		
Mid Morning	9.30am Yang Yoga Gemma	9.30am Muscle Sculpt Gareth	8.30am Goldfit Coco	9.30am Yoga Renee	8.30am Goldfit Coco	8am (30min) HIIT30 (Gym Based)	9.30am (75min) Yin Yoga Gemma
					9:30am Spinning Melinda	8.30am Stretch Class Claudia	
Mid Morning	10.30am Goldfit Melinda	10.30am (60min) Yoga Renee	10.30am Muscle Sculpt Melinda	10.30am Zumba Gold Tracy	9.45am Pilates Siobhan		
Afternoon	1pm Movement Therapy Brenda				1pm Movement Therapy Brenda		
Evening	5.45pm Box and Burn Gareth	5.45pm HIIT Jacquie	5.45pm (45min) HIIT45 (Gym Based)	5:45pm Box and Burn Gareth	5.30pm (30min) HIIT30 (Gym Based)		
Late Evening	6.45pm (45min) TABATA Tracy	6.45pm (75min) Yang Yoga Gemma	6:30pm Pilates Siobhan	7pm Yoga Renee			

Visit our website for class descriptions www.ymcauckland.org.nz/programmes/group-fitness-classes/