



Gold Fit

YMCA Auckland City would like to invite you to join us in our **GOLDFIT** active ageing programme for adults over 60 years.

Classes consist of a group warm-up, your own exercise programme including resistance, cardio, balance and flexibility based exercises, and a group cool-down. Also on offer is Pilates, Tai Chi and Dance.

Before you join the programme, we like to get to know you so that we can address your particular needs and goals.

All **GOLDFIT** members have to bring an up to date Medical Clearance Form signed by their doctor. This must be completed before you are booked into a Functional Fitness Assessment.

At the Functional Fitness Assessment, goals are set along with measures of balance, strength, endurance and flexibility. Your medical conditions, based on the information you supplied from your Medical Clearance form and physical capabilities are discussed.

A **GOLDFIT** trainer will design a personalised programme for you from these results. A time is booked for your 'Programme Show'. This is where you spend time, one on one, with the trainer to go through your individually designed programme. All **GOLDFIT** trainers are very experienced with the needs of the 60+ age group.

We have a holistic approach to health; In addition to improving your physical health through the exercise programming, you will also have the option to participate in a variety of organized activities. These include, out of centre excursions, talks by experts in their fields, and other educational and social activities. You will always be welcome to try new things and get involved if you wish. We consistently look at bringing fresh ideas and approaches to what we do so that you have a great experience here at **GOLDFIT**

There are many benefits that you will experience through the **GOLDFIT** programme including improved muscle strength, balance, flexibility, increased energy and a great social network.

We want you to be able to maintain your independent and active lifestyle while having fun and meeting new people.

Call 09 3032069 #1 for any further information you may need.

We look forward to helping you in your health journey

The Gold Fit Team



Gold Fit

SESSIONS:

Monday	Tuesday	Wednesday	Thursday	Friday
9:15am Intermediate Pilates -or- Gold Fit 10:30am Beginner Pilates - or - Gold Fit	9:15am Gold Fit 9:30am Tai Chi	9.00-9:15am Goldfit Spin 9:15am Gold Fit 10:30am Gold Fit	9:15am Gold Fit 9:30am Tai Chi	9:15am Gold Fit 10:30am Gold Fit -or - <i>Dance with Jai</i>

Cost

\$18.95pw (parking included) Senior Membership

\$7.00 per visit per class (available for class times only)

\$2.00 Parking for 90mins. **Parking is available directly in front of the building.**

How long will I be at the gym?

The exercise programme lasts an hour. The first and last 10 mins are warm-up and cool down/stretch. In between you will do your individual programme.

It is recommended to participate 3+ per week to increase your fitness including Tai Chi, Dance or Pilates. Keeping variety in your workout is recommended.

How do I get started?

Have your GP or GP Nurse complete the medical clearance form, this can be collected from reception, emailed or posted to you. Simply book for an appointment with the Targeted Health Specialist once you have this completed.

Please wear comfortable clothing and supportive footwear.

Location

YMCA Auckland City
149 Greys Ave
Auckland 1010 (09) 303 2069 #1

