

# Group Exercise

## Timetable

### SPIN

Spin is the original indoor cycling experience. This is a high energy cardio based workout.

### SPIN FUSION

A mixture of high energy indoor cycling followed by weight training to increase strength and muscle mass.

### MUSCLE MAX

Using a variety of weight bearing and body weight exercises. High repetition movements to sculpt your muscles faster.

### STEP POWER

High and low intensity patterns. Movements are often athletic with simpler choreography, perfect for burning fat and toning up

### BODY BLAST

A mixture of cardio and resistance exercises to energizing music, ensuring a full body workout.

### BOX N BURN

Focuses on boxing techniques and strength drills. Supported with music, involves bag and pad work.

### ZUMBA

Combines Latin rhythms with easy to follow moves creating dynamic dance based exercises.

### YOGA

A spiritual, mental and physical discipline that originates from India. Develop strength and flexibility and mental awareness.

### PILATES

Emphasizes the balanced development of the body through core strength, controlled breathing, flexibility and awareness.

### BURN 45

Feel the BURN with this 45 minute high intensity interval training(HIIT) circuit.

### AQUA FIT

A pool based class designed to reduce pressure on joints, providing a low impact workout.

### GOLD FIT

A gym based programme designed for over 60's. Focusing on functional easy to follow gym exercises designed to support independence.

### ACTIVATE

Low intensity class involving light weights and cardio exercise to improve fitness, strengthen and tone.

### ZUMBA GOLD

Designed for beginners and seniors, it combines Latin rhythms with easy to follow dynamic moves

### TAI CHI

This class focuses on gentle and flowing movements. This is a relaxing workout that will make you feel calm and energized.

### Jordan Recreation Centre

Mon – Fri 6am – 8:30pm  
Sat 8am – 4pm  
Sun 9am – 4pm

### Onehunga War Memorial Pool

Mon – Fri 5:15am – 9pm  
Sat & Sun 7:00am – 7pm



# Onehunga

## KEY

Located at Onehunga War Memorial Pool

Located at Jordan Recreation Centre

GOLD FIT – Senior Classes

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	<b>5:30 – SPIN</b> (Sharlene – 45 – Spin Studio)	<b>5:30 – SPIN</b> (Rocky – 45 – Spin Studio)	<b>5:30 – SPIN</b> (Ellie – 45 – Spin Studio)	<b>5:30 – SPIN</b> (Ellie – 45 – Spin Studio)	<b>5:30 – SPIN</b> (Sharlene – 45 – Spin Studio)	<b>7:30 – SPIN</b> (Ellie – 60 – Spin Studio)	
	<b>5:30 – BURN 45</b> (Kristel – 45 – Gym Floor)	<b>6:00 – BOX N BURN</b> (Julia – 45 – Gym Floor)	<b>5:30 – BURN 45</b> (Kristel – 45 – Gym Floor)	<b>6:00 – BOX N BURN</b> (Julia – 45 – Gym Floor)	<b>5:30 – BURN 45</b> (Kristel – 45 – Gym Floor)		
	<b>6:15 – YOGA</b> (Nad'a – 60 – Group Ex Studio)	<b>6:00 – SPIN FUSION</b> (Karen – 60 – Jordan Rec)	<b>6:00 – MUSCLE MAX</b> (Karen – 60 – Group Ex Studio)	<b>6:00 – SPIN FUSION</b> (Karen – 60 – Jordan Rec)	<b>6:00 – BODY BLAST</b> (Karen – 60 – Group Ex Studio)	<b>8:30 – SPIN</b> (Rocky – 60 Jordan Rec)	
Mid Morning	<b>9:30 – YOGA</b> (Kim – 60 – Group Ex Studio)	<b>9:30 – SPIN</b> (Annie – 45 – Spin studio)	<b>9:30 – PILATES</b> (Annie – 60 – Group Ex Studio)	<b>8:30 – YOGA</b> (Kim – 60 – Group Ex Studio)	<b>9:30 – PILATES</b> (Ingrid – 60 Group Ex Studio)	<b>9:30 – BURN 45</b> (Tyler – 45 – Gym Floor)	
		<b>10:30 – AQUA FIT</b> (Nicola – 60 – Main Pool)	<b>10:30 – AQUAFIT</b> (Ozen – 60 – Main Pool)	<b>9:45 – YOGA</b> (Kim – 60 – Group Ex Studio)	<b>10:30 – AQUA FIT</b> (Nicola – 60 – Main Pool)	<b>9:30 – HATHA YOGA</b> (Cheryl-90- Group Ex Studio)	<b>10:00 – BURN 45</b> (Trainer – 45 – Gym Floor)
	<b>10:00 – ACTIVATE</b> (Tania – 60 – Jordan Rec)	<b>11:00 – PRAMCAMP</b> (Trainer – 45 – Gym Floor)		<b>11:00 – PRAM CAMP</b> (Trainer – 45 – Gym Floor)			
		<b>10:00 – CIRCUIT</b> (Trainer – 30 – Jordan Rec)	<b>10:00 – ACTIVATE</b> (Tania – 60 – Jordan Rec)	<b>10:00 – ZUMBA GOLD</b> (Tania – 45 – Jordan Rec)	<b>10:30 – TAI CHI</b> (Orlando – 60 – Jordan Rec)		
OWMP EVENING	<b>5:15 – SPIN</b> (Julia – 45 – Spin Studio)	<b>5:15 – SPIN</b> (Rocky – 45 – Spin Studio)	<b>5:30 – BURN 45</b> (Dave – 45 – Gym floor)	<b>5:15 – SPIN</b> (Rocky – 45 – Spin Studio)	<b>5:30 BURN 45</b> (Luke – 45 – Gym Floor)		
	<b>5:30 – BURN 45</b> (Dave – 45 – Gym floor)	<b>6:00 – YOGA</b> (Nad'a – 60 – Group Ex Studio)		<b>6:00 – YOGA</b> (Sarah - 60 – Group Ex Studio)			
	<b>6:00 – SPIN</b> (Rocky – 45 – Spin Studio)	<b>6:00 – BURN 45</b> (Tyler – 45 – Gym floor)	<b>6:00 --SPIN</b> (Leith – 45 – Spin Studio)	<b>6:00 – BURN 45</b> (Luke – 45 – Gym floor)			<b>3:00 – YIN YOGA</b> (Gemma-90- Group Ex Studio)
	<b>6:00 – STEP POWER</b> (Ella – 45 – Group Ex Studio)			<b>7:00 – AQUAFIT</b> (Ozen- 60 – Main Pool)			
	<b>7:15 – PILATES</b> (Caty – 60 – Group Ex Studio)						
JORDAN EVENING	<b>5:30 – BURN 45</b> (Tyler – 45 – Jordan Rec)	<b>5:30 – ZUMBA</b> (Grace – 60 – Jordan Rec)	<b>6:00 – MUSCLE MAX</b> (Caty – 60 – Jordan Rec)	<b>6:00 – LADIES BOXING</b> (Caty – 60 – Jordan Rec)			
	<b>6:30 – BOX N BURN</b> (Dave – 60 – Jordan Rec)	<b>6:30 – BURN 45</b> (Jimmy – 45 – Jordan Rec)	<b>7:15 – PILATES</b> (Caty – 45 – Jordan Rec)	<b>7:00 – STEP POWER</b> (Ella – 45 – Jordan Rec)			