

**Yoga:**

Develop your strength and flexibility whilst focusing on breathing and relaxation techniques

**Spinning:**

High-energy class that will see you doing anything from endurance, strength or sprint exercises on a spin bike

**Muscle Max:**

Weight training class designed to increase strength, bone density and muscle mass across the entire body

**Gold Fit:**

Gym based class for the over 60's focusing on functional exercises to support an active independent lifestyle

**Box & Burn:**

High-energy class focusing on boxing technique, speed and cardio drills

**Pilates:**

Focus on balanced full bodywork through core strength, controlled breathing, flexibility and body awareness

**Fit in 30****Circuit training:**

30 minute class that combines a variety of exercises to challenge you and fit into your daily routine.

# Group Exercise Timetable



**YMCA Lynfield Youth and  
Leisure Centre**

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Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	<p>Fit in 30 7:00 AM Fitness Trainer</p> <p>Fit in 30 9:15 AM Fitness Trainer</p>	<p>Fit in 30 7:00 AM Fitness Trainer</p> <p>Fit in 30 9:15 AM Fitness Trainer</p>	<p>Fit in 30 7:00 AM Fitness Trainer</p> <p>Fit in 30 9:15 AM Fitness Trainer</p>	<p>Fit in 30 7:00 AM Fitness Trainer</p> <p>Fit in 30 9:15 AM Fitness Trainer</p>		<p>Box &amp; Burn 8:00 AM Scott</p>	
Mid Morning		<p>Yoga 9:45 AM Dianne</p>	<p>Yoga 10:00 AM Dianne</p>		<p>Yoga 9:15 AM Dianne</p>	<p>Muscle Max 9:00 AM Sharon</p>	
Lunch		<p>Gold Fit 11:00 AM Nina &amp; Annie</p>	<p>Gold Fit 11:15 AM Nina</p>		<p>Gold Fit 11:00 AM Nina &amp; Annie</p>		
Evening	<p>Muscle Max 6:00 PM Nicola</p> <p>Spinning 6:00 PM Annie</p>	<p>Pilates 6:00 PM Jenny</p>	<p>Box &amp; Burn 6:00 PM Scott</p>	<p>Muscle Max 6:00 PM Jenny</p>			
Late Evening	<p>Yoga 7:00 PM Dianne</p>		<p>Yoga 7:00 PM Dianne</p>	<p>Pilates 7:00 PM Jenny</p>			