**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.

**GOLD FIT DANCE**
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 |

# Group Exercise Timetable

YMCA

# Onehunga

**KEY**
Located at Onehunga War Memorial Pool
Located at Jordan Recreation Centre
GOLD FIT – Senior Classes at Jordan Recreation Centre

| Time | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| Early Morning | 5:30 – SPIN<br>(Sharlene – 45 – Spin Studio)<br>5:30 – BURN 45<br>(Tomas – 45 – Gym Floor) | 6:00 – BOX N BURN<br>(George – 60 – Gym Floor)<br>6:00 –SPIN FUSION<br>(Karen – 60 –Jordan Rec) | 5:30 – SPIN<br>(Ellie – 45 – Spin Studio)<br>5:30 – BURN 45<br>(Tomas – 45 – Gym Floor)<br>6:00 – MUSCLE MAX<br>(Karen – 60 – Group Ex Studio) | 6:00 – BOX N BURN<br>(Julia – 60 – Gym Floor)<br>6:00 – SPIN FUSION<br>(Karen – 60 – Jordan Rec) | 5:30 – SPIN<br>(Sharlene – 45 – Spin Studio)<br>5:30 – BURN 45<br>(Trainer – 45 – Gym Floor)<br>6:00 – BODY BLAST<br>(Karen – 60 – Group Ex Studio) | 7:30 – SPIN<br>(Ellie – 60 – Spin Studio)<br>8:30 – SPIN<br>(Rocky – 60 Jordan Rec) | |
| Mid Morning | 9:30 – YOGA<br>(Diane– 60 – Group Ex Studio)<br>10:00 – ACTIVATE<br>(Tania – 60 – Jordan Rec) | 9:30 – SPIN<br>(Annie – 45 –Spin studio)<br>10:30 – AQUA FIT<br>(Nicola – 60 – Main Pool)<br>11:00 – PRAMCAMP<br>(Julia – 45 – Gym Floor)<br>10:15 – CIRCUIT<br>(Julia – 30 –Jordan Rec) | 9:30 – PILATES<br>(Annie – 60 – Group Ex Studio)<br>10:30 – AQUAFIT<br>(Sharon – 60 – Main Pool)<br>10:00 – ACTIVATE<br>(Tania – 60 – Jordan Rec) | 8:30 – YOGA<br>(Kim – 60 – Group Ex Studio)<br>9:45 – YOGA<br>(Kim – 60 – Group Ex Studio)<br>11:00 – PRAM CAMP<br>(Kane – 45 – Gym Floor)<br>10:00 –GOLD FIT DANCE<br>(Tania – 45 – Jordan Rec) | 8:30 - PILATES<br>(Ingrid – 60 Group Ex Studio)<br>9:45 -PILATES<br>(Ingrid – 60 Group Ex Studio)<br>10:30 – AQUA FIT<br>(Nicola – 60 – Main Pool)<br>10:30 – TAI CHI<br>(Orlando – 60 – Jordan Rec | 8:30 – YOGA<br>Starting 29th Feb<br>9:30 – BURN 45<br>(Mohammed – 45 – Gym Floor) | 10:00 – BURN 45<br>(George – 45 – Gym Floor) |
| OWMP EVENING | 5:15 – SPIN<br>(Julia – 45 – Spin Studio)<br>5:30 – BURN 45<br>(Kane – 45 – Gym floor)<br>7:15 – PILATES<br>(Caty – 60 – Group Ex Studio) | 5:15 – SPIN<br>(Rocky – 45 – Spin Studio)<br>6:00 – YOGA<br>(Nad'a – 60 – Group Ex Studio)<br>6:00 – BURN 45<br>(Kane – 45 – Gym floor) | 5:30 – BURN 45<br>(George – 45 – Gym floor)<br>6:00 --SPIN<br>(Leith – 45 – Spin Studi0) | 6:00 – BURN 45<br>(Trainer – 45 – Gym floor)<br>6:15 -- YOGA<br>(Sarah – 60 – Group Ex Studio) | 5:30 BURN 45<br>(Kylah – 45 – Gym Floor) | | 4:00 – YIN YOGA<br>(Gemma-90- Group Ex Studio) |
| JORDAN EVENING | 5:30 –STEP POWER<br>(Ella 45 – Jordan Rec)<br>6:30 – BOX N BURN<br>(Dave – 60 – Jordan Rec) | 5:30 – ZUMBA<br>(TBC – 60 – Jordan Rec)<br>6:30 – BURN 45<br>(George – 45 – Jordan Rec) | 6:00 – MUSCLE MAX<br>(Caty – 60 – Jordan Rec)<br>7:15 – PILATES<br>(Caty – 45 – Jordan Rec) | 6:00 – LADIES BOXING<br>(Caty – 60 – Jordan Rec)<br>7:00 -STRETCH N FLEX<br>(Kane - 30 – Jordan Rec) | | | |

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