

### XPRESS FIT 30mins

This is our "get in and get out" workout for those with a busy schedule. Get ready to get sweaty!

**Cardio & Strength**

### CORE POWER 30mins

Core power is a 30min core intensive session, focusing on butt, back and abs. A great way to improve stability.

**Cardio & Strength**

### BURN 45mins

Short, sharp and effective! These classes are a 45min high intensity circuit workout delivered by our trainer of the day!

**Cardio & Strength**

### ZUMBA 60mins

Combines fitness and movement inspired by Latin dance and music. A fast paced, fun and exciting way to burn those calories.

**Cardio**

### BOX & BURN 45mins

Feel the burn with a high intensity boxing session. Pad work coupled with bodyweight exercises to take your fitness to another level.

**Cardio**

### SPIN 60mins

A high intensity cycling session. Get in quick, these classes are popular and bikes fill up fast!

**Cardio**

### BOLLY SCULPT 60mins

It is pump with a twist, to Bollywood music! Join Ella on Sunday mornings for this fun-filled class.

**Cardio**

### AQUA FIT 60mins

A low impact aqua aerobics class that is green prescription approved for special populations.

**Cardio**

### YOGA 60mins

The perfect way to farewell the day. Yoga is here for your peace of mind.

**Flexibility**

### PILATES 60mins

Low impact flexibility, muscular strength and endurance movements. Emphasizes proper body alignment, core strength and balance.

**Flexibility & Strength**

### LOW IMPACT AEROBICS 60mins

A class that incorporates a mix of seated exercises, strength and balance geared for seniors.

**Targeted Health**

### BOLLY ROBIX 60mins

Aerobics to Bollywood music? A one of a kind class for our Cameron Pool & Leisure members.

**Cardio**

### GOLD FIT 60mins

Our program for seniors. All participants set with an individualized program and guided by our Targeted Health Specialist.

**Targeted Health**

### PUMP 60mins

Short, sharp and effective! These classes are a intensity muscle sculpt workout with a mix of compound and isolation movements.

**Cardio & Strength**

### GYM PROGRAM

-Free for all fitness members  
-Individualised program  
-4-6 week reviews  
-Book in at reception or with one of our trainers

# Group Exercise Timetable



# Cameron Pool

# 2022 Timetable

| Time                 | MONDAY                     | TUESDAY                               | WEDNESDAY                  | THURSDAY                | FRIDAY                     | SATURDAY          | SUNDAY                      |
|----------------------|----------------------------|---------------------------------------|----------------------------|-------------------------|----------------------------|-------------------|-----------------------------|
| <b>Early Morning</b> | 6am Burn<br>Kolo           | 6am Burn<br>James                     | 6am Pilates<br>Annie       | 6am Burn<br>Kolo        | 6am Box N Burn<br>Kolo     |                   |                             |
| <b>Morning</b>       | 9am Gold Fit<br>Dianne     | 10am Low Impact<br>Aerobics<br>Evelyn |                            |                         |                            | 9am Burn<br>James | 9am Bolly Sculpt<br>Ella    |
| <b>Mid Morning</b>   | 10.30am Aqua Fit<br>Janine |                                       | 10.30am Aqua Fit<br>Janine |                         | 10.30am Aqua Fit<br>Janine |                   | 10am Bolly<br>Robix<br>Ella |
| <b>Afternoon</b>     | 5.30pm Core Power<br>Hima  | 5.30pm Xpress Fit<br>Hima             | 5.30pm Core Power<br>Hima  | 5.30pm Xpress Fit<br>Mo | 5.30pm Burn<br>Mo          |                   |                             |
| <b>Evening</b>       | 6pm Spin<br>Sharon         | 6pm Spin<br>Annie                     | 6pm Spin<br>Rocky          | 6pm Spin<br>Rocky       |                            |                   |                             |
| <b>Evening</b>       | 6pm Box N Burn<br>Scott    |                                       |                            | 6pm Pump<br>Sharon      |                            |                   |                             |
| <b>Evening</b>       | 7pm Zumba<br>Ricky         |                                       | 7pm Zumba<br>Janine        | 7pm Yoga<br>Dianne      |                            |                   |                             |
| <b>Evening</b>       |                            |                                       |                            |                         |                            |                   |                             |

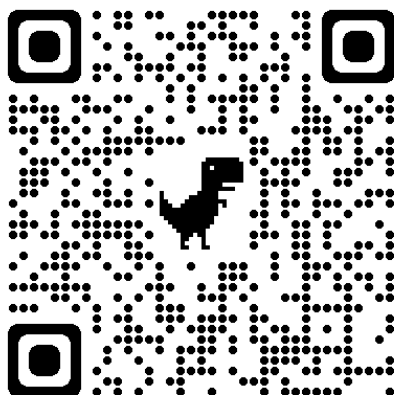
## Group Fitness Notices

- All classes are run by booking request.
- Classes may have a different instructor due to different cover reasons.
- Please bring sweat towel and wipe all equip after use in class.

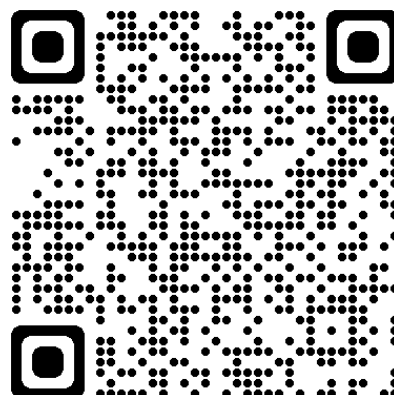
Booking Links

<https://calendly.com/ymcacameronpoolspin>  
<https://calendly.com/ymcacameronpoolgroupx>

Contact us on **09 624 6058** or email  
[cameronpool@ymcauckland.org.nz](mailto:cameronpool@ymcauckland.org.nz)



Spin



Group X

Scan here to book