

Active seniors:

Group Exercise program for the over 60's focusing on functional easy to follow exercise.

Burn45:

This is a high energy 45 minute functional fitness class designed to work your whole body. Included is an ever changing range of exercises targeting your upper and lower body with an emphasis on core stability. Take the challenge today!

Gold-Fit:

Gold Fit is a targeted gym based programme for over 60's designed to support independent lifestyles. Based on functional movement, the programme offers modified sports, social activities and outdoor challenges.

Muscle Sculpt:

Build the body you want with a variety of weight bearing & body weight exercises designed to build muscle and create definition.

Spin:

High energy class that will see you doing anything from endurance strength or sprint exercises.

Zumba Gold:

Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity.

Pilates:

With total focus on core ability, muscle balancing, joint release and breathing techniques, Pilates teaches you a higher level of body awareness to create a stronger body posture and an energized mind.

Zumba:

Join the party! Latin rhythms and easy to follow moves create a dynamic fitness program that will blow you away. You will love working out and you will be hooked.

Yoga:

Bring balance to your body, mind and spirit through the development of strength and flexibility combined with breath control and relaxation methods. Yoga has the power to calm the mind increase concentration, improve well-being and can be a powerful antidote to stress.

Group Exercise

Timetable



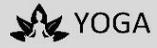
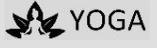
YMCA Ellerslie

46 Michaels Avenue, Ellerslie



YMCA Ellerslie Recreation Centre Group Fitness Timetable

Summer 2019/20

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	6:00am  Greg	6:00am BURN 45 Matt	6:00am  Virtual Class	6:00am BURN 45 Jeff	6:00am BURN 45 Matt	8:00am BURN 45 Cathy	8:00am BURN 45 Kristel
Morning	9:30am  Renee	9:00am Muscle Sculpt Karen	9:30am Active Seniors Ngairene	9:30am  Fleur	9:30am Muscle Sculpt Emma	9:30am  Olga	9:00am Pilates  Cathy
	10:30am GOLD FIT Lynanne	10:00am ZUMBA GOLD Fleur		10:30am GOLD FIT Lynanne	10:30am GOLD FIT Emma		10:00am  Renee
Early Afternoon	12:00pm Tai Chi				12:00pm Tai Chi		
Evening	6:00pm BURN 45 Cathy	6:00pm BURN 45 Emily	6:00pm BURN 45 Fiona	6:00pm Muscle Sculpt Jacqui	6:00pm  Olga		
	7:00pm  Olga	7:00pm  Mans	6:00pm  Sarah	7:00pm Pilates  Ingrid			

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