

Train By Colour	Class	Description
Strength Goals	Abs Blast	Start your week off with a Blast. 15 minutes of core work to set you up with the right foundation for your other workouts
	Beginner Strength	Weight training focusing on improving technique. Great for beginners to experienced.
	Muscle Sculpt	Instructor Lead Resistance Class: Build tone (not bulk) in your muscles.
General Fitness Weight loss or Toning Goals	Burn 30/45	Circuit style classes that incorporate varied exercises into your workout. Work out at your pace or try to keep up with others
	Spin	The ultimate Indoor cycling experience. High intensity cardio or a self-paced workout
	Box N Burn	A high-energy class focusing on boxing technique and strength drills
	Parent and Kids Boxing	Parents, be prepared to sweat whilst you defend yourself against the next generation. Suitable for kids aged between 5 and 50 (Personalised Programmes)
Relaxed Fun Safe	Gold Fit	Designed specifically for older adults to help maintain functional movement and improve overall well-being.
	Active Seniors	Total body, low impact class designed for Older Adults, Rehab, and beginners
	Yoga	Yoga is best known as a spiritual, mental and physical discipline that originated from India
	Pilates	Emphasises the balanced development of the body through efficient movement
	Rehab Pilates	Pilates with a focus on physical wellbeing and rehabilitation
	Zumba	Join the party! Latin hypnotic rhythms and easy to follow moves
	Zumba Gold	Designed for beginners and seniors, it combines Latin rhythms with easy to follow dynamic moves resulting in a fun and energizing experience.
	Aqua Zumba	Known as the Zumba "Pool Party" This class will have you stretching, twisting and shouting
	Aqua Energy	A fun and empowering based class that increases your energy levels while improving your fitness
	Tai Chi	This class focuses on gentle and flowing movements. This is a relaxing workout, which will make you feel calm and energized.
Something Extra *Extra Cost	Boot Camp	A high intensity group workout with familiar faces. Time to challenge yourself! *\$15 per session
	Personal Training	Ask your favourite Fitness Instructor about what they can do for you to help achieve your goals *First Session \$20

Group Exercise

Timetable



Bookings Required

- Group Exercise classes must be booked by phone or in person.
- Email bookings are not secure until reception have confirmed.
 - Bookings open the day before the class
- For Ellerslie Call 09 579 4716 or email Ellerslie@ymcauckland.org.nz
- For Panmure Call 09 5709061 or email Reception.lagoon@ymcauckland.org.nz

Ellerslie

Monday

Time	Limit	Class	Min	Location	Instructor
6:00am	14	Spin	45	Downstairs	Greg
6:00am	20	Boxing	60	Stadium	Richard
9:15am	20	Yoga	60	Downstairs	Renee
10:30am	20	Gold Fit	60	Gym Floor	Michaela
12:00pm	20	Tai Chi	60	Downstairs	
6:00pm	20	Burn 45	45	Downstairs	Caty
7:00pm	20	Zumba	60	Downstairs	Olga

Tuesday

Time	Limit	Class	Min	Location	Instructor
6:00am	20	Burn 45	45	Downstairs	Bronson
9:00am	20	Muscle Sculpt	50	Downstairs	Karen
10:10am	20	Zumba Gold	50	Downstairs	Sonia
6:00pm	20	Burn 45	45	Downstairs	Taylor
7:00pm	20	Yoga	60	Downstairs	Mans

Wednesday

Time	Limit	Class	Min	Location	Instructor
6:00am	14	Spin	60	Downstairs	Fredreick
9:30am	20	Active Seniors	60	Downstairs	Ingrid
10:45am	20	Rehab Pilates	60	Downstairs	Ingrid
6:00pm	14	Spin	45	Downstairs	Sarah
6:15pm	20	Burn 45	45	Stadium	Greg

Thursday

Time	Limit	Class	Min	Location	Instructor
6:00am	20	Burn 45	45	Downstairs	Fredreick
9:30am	20	Zumba	50	Downstairs	Sonia
10:40am	20	Gold Fit	60	Gym Floor	Michaela
6:00pm	20	Muscle Sculpt	50	Downstairs	Frances
7:10pm	20	Pilates	50	Downstairs	Ingrid

Friday

Time	Limit	Class	Min	Location	Instructor
6:00am	20	Burn 45	45	Downstairs	Fredreick
9:30am	20	Muscle Sculpt	60	Downstairs	Emma
12:00pm	20	Tai Chi	60	Downstairs	
6:00pm	20	Burn 45	45	Downstairs	Anthony

Saturday

Time	Limit	Class	Min	Location	Instructor
8:00am	20	Burn 45	45	Downstairs	Caty
9:30am	20	Yoga	60	Downstairs	Olga

Sunday

Time	Limit	Class	Min	Location	Instructor
8:15am	20	Burn 45	45	Downstairs	Ema
9:10am	20	Pilates	50	Downstairs	Caty
10:10am	20	Yoga	60	Downstairs	Leigha

Panmure

Monday

Time	Limit	Class	Min	Location	Instructor
5:45am	12	Abs Blast	15	Gym Floor	Bronson
6:00am	12	Burn 30	30	Gym Floor	Bronson
9:30am	12	Beginner Strength	30	Gym Floor	Bronson
6:30pm	8	Yoga	60	Stadium	Renee
7:30pm	12	Burn 30	30	1st Floor	Ema

Tuesday

Time	Limit	Class	Min	Location	Instructor
6:00am	12	Box N Burn	50	FTZ	Richard
7:00am	12	Burn 30	30	FTZ	Richard
10:00am	20	Aqua Energy	60	Indoor Pool	Ben
5:30pm	8	Burn 30	30	FTZ	Greg
6:00pm	8	Burn 30	30	FTZ	Greg
6:00pm	12	Spin	45	1st Floor	Sarah
7:00pm	8	Pilates	60	Stadium	Olga

Wednesday

Time	Limit	Class	Min	Location	Instructor
5:45am	12	Boot Camp*	60	Gym Floor	Richard
6:00am	12	Spin	45	1st Floor	Sarah
7:00am	12	Beginner Strength	30	Gym Floor	Richard
9:00am	8	Yoga	60	Stadium	Renee
9:30am	8	Burn 30	30	FTZ	Richard
6:30pm	8	Burn 30	30	FTZ	Anthony
7:00pm	15	Zumba	60	1 st Floor	Olga

Thursday

Time	Limit	Class	Min	Location	Instructor
6:00am	12	Box N Burn	60	FTZ	Richard
9:30am	8	Burn 30	30	FTZ	Richard
6:30pm	8	Burn 30	30	FTZ	Ema
7:45pm	20	Aqua Zumba	60	Indoor Pool	Linda

Friday

Time	Limit	Class	Min	Location	Instructor
5:45am	12	Boot Camp*	60	Gym Floor	Richard
6:00am	12	Spin	45	1st Floor	Greg
6:30am	12	Beginner Strength	30	Gym Floor	Bronson
9:00am	8	Yoga	60	Stadium	Renee
10:00am	20	Aqua Energy	60	Indoor Pool	Ben
5:30pm	12	Box N Burn	60	1st Floor	Obed

Saturday

Time	Limit	Class	Min	Location	Instructor
8:30am	12	Spin	60	1st Floor	Frances
4:00pm	8	Burn 30	30	FTZ	Anthony

Sunday

Time	Limit	Class	Min	Location	Instructor
8:30am	12	Beginner Strength	30	Gym Floor	Obed
10:30am	10	Parents and Kids	60	FTZ	Obed
5:30pm	8	Burn 30	30	FTZ	Greg