



Group Fitness

Timetable

YMCA MASSEY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning	AM Blast 6:15am (Gym) 45 mins	Spin- With Felicia 6:15am (DB Room) 45 Mins	Les Mills BodyPUMP® 6:15am (DB Room) 45 mins	AM Blast 6:15am (Gym) 45 mins	Les Mills BodyCOMBAT® 6:15am (DB Room) 45 mins	Les Mills BodyPUMP® 08:15 am (DB Room) 45 mins	Muscle Max 8:30am (Gym)45 mins
Mid Morning	Zumba® 9:30am (Stadium) 60 mins	Tabata 9:30am (Gym) 30 mins	Zumba® 9:30am (Stadium) 60 mins		Muscle Max 9:30am (Gym)45 mins	Yoga 9:15am (DB Room) 60 mins	
	Zumba® Gold 10:30am (Stadium) 60 mins	Gold-Fit Circuit 10:30am (Gym) 45 minutes	Gold-Fit Circuit 10:30am (Gym) 45 minutes	Gold-Fit Circuit 10:30am (Gym) 45 minutes	Zumba® Gold 10:30am (Stadium) 60 mins		
Lunchtime							
Afternoon	Box and Burn 5:00pm (DB Room) 45 mins	Muscle Max 5:30pm (Gym)45 mins	Pilates 5:30 pm (DB Room) 45 mins	Spin- With Matt 6:00pm (DB Room) 45 mins			
		Les Mills BodyCOMBAT® 6:00pm (DB Room) 45 mins					
Evening	Spin- With Matt 6:00pm (DB Room) 60 mins	Yoga 7:00pm (DB Room) 60 mins	Box and Burn 6:15 pm (DB Room) 45 mins	Yoga 7:00pm (DB Room) 60 mins			

Center opening times

Mon-Fri: 06:00am to 09:00pm Sat to Sun: 08:00am to 04:00pm

Class Descriptions

Les Mills BODYPUMP (55/45 min)

LES MILLS BODYPUMP® is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP® gives you a total body workout.

BOX & BURN (60 min)

With a focus on technique & boxing related fitness there's no better way to release stress, functionally strengthen your core and have fun doing it! All equipment provided and all levels catered for.

SPIN (60 min)

The original and best indoor cycling experience! Top notch instructors and music that motivates you and takes you out of the studio and into your imagination on the ultimate fitness journey.

AM BLAST (45 min)

Burpees for breakfast! This high-intensity functional training class involves bodyweight and weighted exercises to build strength and muscle all while burning those calories. This class is suitable for all fitness levels

Style of class may vary depending on instructor

Les Mills BODYCOMBAT (45/60 min)

BODYCOMBAT® is a high-energy martial-arts inspired workout is totally non-contact. The instructor will challenge you to up the intensity and motivate you to make the most of every round.

TABATA (30 min)

The original high intensity workout. Developed to get quick results. This express class uses high intensity bodyweight movements and targets all areas of the body. All fitness levels catered for.

MUSCLE MAX (45 min)

This class focuses on full body resistance training, incorporating body weight movements & core exercises to tone the whole body. Great for people looking for guided strength & conditioning training.

ZUMBA® (60 min)

JOIN THE PARTY! Latin rhythms and easy to follow moves create a dynamic fitness program that will blow you away. You will want to work out, you will love working out and you will be coming back for more!

GOLD-FIT (60 min)

Gold-fit is perfect for aging adults. Set in the gym with a specialist trainer you will receive the best possible treatment in a fun, social environment. Classes involve balance, strength, aerobic fitness and core exercise.

ZUMBA GOLD® (60 min)

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 (60 min)

With total focus on core stability, 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.

YOGA (60 min)

Suitable for all levels. An instructive practice, demonstrating all postures, breathing techniques and relaxation. This class can be gentle and/ or strong. More advanced yogis can choose stronger versions of the postures and hold them for longer.



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