

Yoga:

Develop your strength and flexibility whilst focusing on breathing and relaxation techniques

Spinning:

High-energy class that will see you doing anything from endurance, strength or sprint exercises on a spin bike

Muscle Max:

Weight training class designed to increase strength, bone density and muscle mass across the entire body

Gold Fit:

Gym based class for the over 60's focusing on functional exercises to support an active independent lifestyle

Box & Burn:

High-energy class focusing on boxing technique, speed and cardio drills

Zumba:

Combines Latin rhythms and easy to follow moves creating a dynamic dance based experience

Active seniors:

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

Pilates:

Focus on balanced full bodywork through core strength, controlled breathing, flexibility and body awareness

Fit in 30

Circuit training:
30 min class for the busy individuals. The class combines strength and cardio exercises to get your fitness levels up in

Group Exercise

Timetable



YMCA Lynfield Youth and Leisure Centre

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Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning		Spinning 6:00 AM Josie	Fit in 30 9:15 AM Fitness Trainer Yoga 10:00 AM Kimberly	Fit in 45 6:15 AM Fitness Trainer	Fit in 30 6:30 AM Fitness Trainer	Box & Burn 8:00 AM Scott	
Mid Morning	Fit in 30 9:15 AM Fitness Trainer	Fit in 30 9:15 AM Fitness Trainer Yoga 9:45 AM Dianne	Gold Fit 11:15 AM Nina	Active Seniors 10:00 AM Ngairene	Yoga 9:15 AM Diana	Muscle Max 9:00 AM Sharon	
Lunch		Gold Fit 11:00 AM Nina & Annie	Box & Burn 6:00 PM Shweta		Gold Fit 11:00 AM Nina & Annie	Zumba 10:15 AM Alison	
Evening	Muscle Max 6:00 PM Nicola Spinning 6:00 PM Annie	Pilates 6:00 PM Jenny	Yoga 7:00 PM Dianne	Pilates 6:00 PM Jenny			
Late Evening	Yoga 7:00 PM Dianne	Zumba 7:00 PM Aggie		Zumba 7:00 PM Alison			

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