Dec 2021 (red light)

Group Exercise Timetable

SPIN
Spin is the original indoor cycling experience. This is a high energy cardio based workout.

SPIN FUSION
A mixture of high energy indoor cycling followed by weight training to increase strength and muscle mass.

MUSCLE MAX
Using a variety of weight bearing and body weight exercises. High repetition movements to sculpt your muscles faster.

STEP POWER
High and low intensity patterns. Movements are often athletic with simpler choreography, perfect for burning fat and toning up

BODY BLAST
A mixture of cardio and resistance exercises to energizing music, ensuring a full body workout.

BOX N BURN
Focuses on boxing techniques and strength drills. Supported with music, involves bag and pad work.

ZUMBA
Combines Latin rhythms with easy to follow moves creating dynamic dance based exercises.

YOGA
A spiritual, mental and physical discipline that originates from India. Develop strength and flexibility and mental awareness.

PILATES
Emphasizes the balanced development of the body through core strength, controlled breathing, flexibility and awareness.

BURN 45
Feel the BURN with this 45 minute high intensity interval training(HIIT) circuit.

AQUA FIT
A pool based class designed to reduce pressure on joints, providing a low impact workout.

GOLD FIT
A gym based programme designed for over 60's. Focusing on functional easy to follow gym exercises designed to support independence.

ACTIVATE
Low intensity class involving light weights and cardio exercise to improve fitness, strengthen and tone.

ZUMBA GOLD
Designed for beginners and seniors, it combines Latin rhythms with easy to follow dynamic moves

TAI CHI
This class focuses on gentle and flowing movements. This is a relaxing workout that will make you feel calm and energized.

YMCA

Located at Onehunga War Memorial Pool, link to book: https://calendly.com/ymcaonehunga
Located at Jordan Recreation Centre, link to book: https://calendly.com/ymcajordanrec

GOLD FIT – Senior Classes at Jordan Recreation Centre

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING	5:30– SPIN Sharlene – 45- Group Ex 6:00- BOOTY BURN Shaniah – 45 – Jordan Rec 7:00 – BURN Dave – 45 – Jellicoe Park	5:30 – YING YANG BURN 60 Leith – 60 – Group Ex room 6:00 –SPIN Karen – 60 –Jordan Rec	5:30 – SPIN Ellie – 45 – Group Ex 6:00 – MUSCLE MAX Karen – 60 – JORDAN REC 7:00 – BURN 45 Dave – 45 – Gym Floor	6:00 – BOX N BURN Julia – 60 – Gym Floor 6:00 – SPIN FUSION (Karen – 60 – Jordan Rec) 7:00 – BURN 45 Dani – 45- Jellicoe Park	5:30 – SPIN Leith – 45 – Spin Studio 5:30 – BURN 45 Dave – 45 – Gym Floor 6:00 – BODY BLAST Karen – 60 –JORDAN REC	7:30 – SPIN Ellie – 60 – Jordan Rec downstairs carpark	7:30 – AB BLAST Naki – 30 – Gym Floor
MID - MORNING	9:30 – Yoga Susze– 60 – Group Ex 10:00–GOLD Fit CIRCUIT Ellie– 45 – Jellicoe Park 10:00 – ACTIVATE Tania – 60 – Jordan Rec	9:30 – SPIN Annie – 45 –Spin studio) 10:30 – AQUA FIT Janine – 60 – Main Pool 11:15 – PRAMCAMP Julia – 45 – Gym Floor 10:15 – CIRCUIT Julia – 30 –Jordan Rec	9:00 – PILATES Annie – 60 – Group Ex Studio 10:15 – PILATES Annie – 60 – Group Ex Studio 10:30 – AQUAFIT Sharon – 60 – Main Pool 10:00 – ACTIVATE Tania – 60 – Jordan Rec	9:30 – Yoga Susze– 60 – Group Ex (Covering Dianne) 11:15 – PRAM CAMP Julia – 45 – Gym Floor 10:00 –GOLD FIT DANCE Tania – 45 - Jordan Rec	9:00 - PILATES Ingrid – 60 Group Ex Studio 10:00–GOLD Fit CIRCUIT Dan– 45 – Jellicoe Park 10:30 – AQUA FIT Julia – 60 – Main Pool 10:30 – TAI CHI Orlando – 60 – Jordan Rec	8:30 – SPIN Rocky – 60 – Jordan Rec downstairs carpark 9:30 – BURN 45 Josh – 45 – Gym Floor	10:00 – BURN 45 Naki – 60 – Group Ex
OWMP EVENING	5:00 – BURN 45 Dan – 45- Jellicoe Park 7:00 – AQUA FIT Janine – 60 – Main Pool 7:15 – PILATES Caty – 60 – Group Ex Studio	5:00 – BURN 45 Josh & Dan – 45- Jellicoe Park	6:00 – YIN YANG BURN 60 Leith – 60 – Group Ex	5:00 – BURN 45 Josh – 45- Jellicoe Park 6:00- YOGA Sarah- 60- Group Ex Studio 7:00 – AQUA FIT Janine – 60 – Main Pool	5:30 BURN 45 Josh – 45 – Gym Floor		4:00 – YIN YOGA Susze– 60 – Group Ex
JORDAN EVENING	5:00 –SPIN Julia- 45 – Jordan Rec downstairs carpark 5.45pm- STEP Ella 45- Jordan Rec 6:30 – BOX N BURN Trainer – 60 – Jordan Rec	5:00 –SPIN Rocky- 45 – Jordan Rec downstairs carpark 6:00- ZUMBA Ricky- 60 – Jordan Rec	5:15 –BOOTY BURN Shan –45 –Jordan Rec 6:00 – MUSCLE MAX Caty – 60 – Jordan Rec 7:15 – PILATES Caty – 45 – Jordan Rec	5:00- SPIN Sharlene- 45 – Jordan Rec downstairs carpark 6:00 – AB BLAST Dave – 30 – Jordan Rec			