

# 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.

### Jordan Recreation Centre

Mon – Fri 6am – 8:30pm

Sat 8am – 4pm

Sun 9am – 4pm

### Onehunga War Memorial Pool

Mon – Fri 5:15am – 9pm

Sat & Sun 7:00am – 7pm



# Onehunga Jan11th - Jan 30<sup>th</sup>, 2021

## KEY

Located at Onehunga War Memorial Pool

Located at Jordan Recreation Centre

GOLD FIT – Senior Classes at Jordan Recreation Centre

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Early Morning</b>	<p><b>5:30 – SPIN</b> (Starting 18<sup>th</sup> Jan)</p> <p><b>5:30 – BURN 45</b> (Naki – 45 – Gym Floor)</p>	<p><b>5:30 – BURN (YIN YANG)</b> (George- 60- Group Ex Room)</p> <p><b>6:00 – SPIN</b> (Rocky 60– Jordan Rec)</p>	<p><b>5:15 – SPIN</b> (Ellie – 45 – Spin Studio)</p> <p><b>5:30 – BURN 45</b> (Mo – 45 – Gym Floor)</p>	<p><b>6:00 – BOX N BURN</b> (Mo – 60 – Gym Floor)</p> <p><b>6:00 – SPIN</b> (Rocky 60 – Jordan Rec)</p>	<p><b>5:30 – BURN 45</b> (Julia – 45 – Gym Floor)</p>	<p><b>7:30 – SPIN</b> (Ellie – 60 – Spin Studio)</p> <p><b>8:30 – SPIN</b> (Rocky – 60 Jordan Rec)</p>	<p><b>7:30 – AB BLAST</b> (George – 30-Group Ex room)</p>
<b>Mid Morning</b>	<p><b>9:30 – YOGA</b> (Sally– 60 – Group Ex Studio)</p> <p><b>10:00 – ACTIVATE</b> (Tania – 60 – Jordan Rec) (Starting 18<sup>th</sup> Jan)</p>	<p><b>9:30 – SPIN</b> (Starting 19<sup>th</sup> Jan)</p> <p><b>10:30 – AQUA FIT</b> (Sharon – 60 –Pool)</p>	<p><b>9:30 – PILATES</b> (Annie – 60 – Group Ex Studio)</p> <p><b>10:30 – AQUAFIT</b> (Sharon – 60 –Pool)</p> <p><b>10:00 – ACTIVATE</b> (Tania – 60 – Jordan Rec)</p>	<p><b>9:30 - YOGA</b> (Dianne-60-Group Ex Studio)</p> <p><b>11:00 – PRAM CAMP</b> (Trainer-45-Group Ex Studio)</p> <p><b>10:00-GOLDFIT DANCE</b> (Tania – 45 – Jordan Rec)</p>	<p><b>9:30 - PILATES</b> (Ingrid – 60 Group Ex Studio)</p> <p><b>10:30 – AQUA FIT</b> (Sharon – 60 –Pool)</p> <p><b>10:30 – TAI CHI</b> (Orlando – 60 – Jordan Rec)</p>	<p><b>9:30 – BURN 45</b> (Mohammed – 45 – Gym Floor)</p>	<p><b>10:00 – BURN 45</b> (George – 45 – Gym Floor)</p>
<b>OWMP EVENING</b>	<p><b>5:15 – SPIN</b> (Julia – 45 – Spin Studio)</p> <p><b>5:30 – BURN 45</b> (Kane – 45 – Gym floor)</p> <p><b>7:15 – PILATES</b> (Caty – 60 – Group Ex Studio)</p>	<p><b>5:15 – SPIN</b> (Rocky – 45 – Spin Studio)</p> <p><b>6:00 – BURN 45</b> (Kane – 45 – Gym floor)</p>	<p><b>5:30 – BURN 45</b> (George – 45 – Gym floor)</p>	<p><b>5:15 – SPIN</b> (Sharlene – 45 – Spin Studio)</p> <p><b>6:00 – BURN 45</b> (Trainer – 45 – Gym floor)</p> <p><b>6:15 – YOGA</b> (Sarah– 60- Group Ex Room)</p> <p><b>7:00– AQUA FIT</b> (Janine– 60-Pool)</p>	<p><b>5:30 BURN 45</b> (Kane – 45 – Gym Floor)</p>		<p><b>4:00 – YIN YOGA</b> (Gemma-90- Group Ex Studio)</p>
<b>JORDAN EVENING</b>	<p><b>5:30 –STEP POWER</b> (Ella 45 – Jordan Rec) (Starting 18<sup>th</sup> Jan)</p>	<p><b>5:30 – Zumba</b> Ricki 60 –Jordan Rec (Starting 19<sup>th</sup> Jan)</p>	<p><b>5:30 – BURN 45</b> (Trainer – Jordan Rec)</p> <p><b>7:15 – PILATES</b> (Caty – 45 – Jordan Rec) (Starting 20<sup>th</sup> Jan)</p>	<p><b>5:30 – BOX N BURN</b> Caty 60 –Jordan Rec (Starting 21<sup>st</sup> Jan)</p>			