

# Group Exercise

## Timetable

**Burn** – Short, sharp and effective! These classes are 45minute high intensity circuit workouts delivered by our trainer of the day!

**Box & Burn** – Box and burn is a boxing circuit class. No cardio compares!

**Spin** – Spin is a 60minute high intensity cycling session. Get in quick, these classes are popular and bikes fill up fast!

**Ab Blast** – Ab blast is a short, sharp and sweet 15minute high intensity workout for those ever so hard to work abdominals!

**Core Power** – Core power is a 30minute core intensive session, focusing on butt, back and abs. A great way to improve stability.

**Yoga** – The perfect way to meet, greet or farewell the day. Yoga is here for your peace of mind.

**Aqua Fit** – a low impact aqua aerobics class that is green prescription approved for special populations.

**Aqua Blast** – It is aqua aerobics on steroids! Aqua blast is high intensity aqua aerobics.

**Pilates** – Low impact core stabilization is the name of the game! Pilates will tone, tighten and firm those not so chiseled spots.

**Zumba** – Cameron Pool's most popular class, and with good reason. Smooth South American beats, for anyone down for fun.

**Bolly Robix** – Aerobics to Bollywood music? A one of a kind class for our Cameron Pool & Leisure members.

**Bolly Sculpt** – It is pump with a twist, to Bollywood music! Join Ella on Sunday mornings for this fun-filled class.

**Step Power** – Step is still going strong! A moderate intensity class, step works on those all-important cardio components.

**Jumpstart** – This is the specific YMCA programme for those with Diabetes. Enquire at reception and see if you are eligible.

**GoldFit** – is a program designed for seniors to assist with balance, strength, health, and also a way to make new friends!



**Cameron Pool and Leisure Centre**  
Phone 09 624 6058



# Cameron Pool

Winter

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	6am Spin (Rocky) 6am Burn (Kolo)	6am Power Play (Dani)	6am Pilates (Annie)	6am Burn (Kolo)	6am Burn (Kolo)	7am Aqua Blast (Chris)	
Mid Morning	9am Gold Fit (Robyn)	10am GRx Low-Impact (Evelyn)	9am GRx Low-Impact (Evelyn)	9am Gold Fit (Robyn)		8am Burn (Robyn)	8am Burn (Robyn) 9am Bolly Sculpt (Ella)
Lunch	11am Aqua Fit (Robyn)	11am Aqua Fit (Robyn)	11am Aqua Fit (Chris)	11am Tabata Aqua Fit (Robyn)	11am Aqua Fit (Chris)		10am Bolly Robix (Ella)
Afternoon	5.45pm Ab Blast (Dani)		5.30pm Core Power (David)				
Evening	6pm Spin (Sharon) 6pm Box & Burn (Dani)	6pm Spin (Annie) 6pm Muscle Sculpt (Sharon)	6pm Spin (Rocky) 6pm Step Power (Ella)	6pm Spin (Sharon) 6.30pm Burn (David)	4.30pm Burn (Vaughan) 6pm Core Power (Robyn)		
Late Evening	7pm Zumba (Barbara)	7pm Aqua Fit (Robyn)	7pm Bolly Robix (Ella)	7pm Yoga (Dianne)			

Cardio Room

Spin Studio

Group Fitness Studio

Main Pool

Targeted Health Programmes