

Workout Recommendations

Cardio: Burn, Spin, Zumba, Aqua Fit, Box and Burn, Bolly Robix

Strength: Burn, Xpress Fit, Base, Bolly Sculpt, Aqua Fit, Core Power, Box and Burn, Pilates

Flexibility: Yoga, Pilates

Targeted Health: Gold Fit, Aqua Fit, Low Impact Aerobics

XPRESS FIT 30mins

This is our “get in and get out” workout for those with a busy schedule. Get ready to get sweaty!

CORE POWER 30mins

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

BURN 45mins

Short, sharp and effective! These classes are a 45min high intensity circuit workout delivered by our trainer of the day!

BASE 45mins

The perfect session to learn the basics of the 3 big lifts. An instructional session on Squat Deadlift and Bench to help improve your lifts.

BOX & BURN 60mins

Feel the burn with a high intensity boxing session. Pad work coupled with bodyweight exercises to take your fitness to another level.

SPIN 60mins

A high intensity cycling session. Get in quick, these classes are popular and bikes fill up fast!

BOLLY SCULPT 60mins

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

AQUA FIT 60mins

A low impact aqua aerobics class that is green prescription approved for special populations.

YOGA 60mins

The perfect way to farewell the day. Yoga is here for your peace of mind.

PILATES 60mins

Low impact flexibility, muscular strength and endurance movements. Emphasizes proper body alignment, core strength and balance.

ZUMBA 60mins

Combines fitness and movement inspired by Latin dance and music. A fast paced, fun and exciting way to burn those calories.

BOLLY ROBIX 60mins

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

LOW IMPACT AEROBICS 60mins

A class that incorporates a mix of seated exercises, strength and balance geared for seniors.

GOLD FIT 60mins

Our program for seniors. All participants set with an individualized program and guided by our Targeted Health Specialist.

GYM PROGRAM

-Free for all fitness members
-Individualised program
-4-6 week reviews
-Book in at reception or with one of our trainers

Group Exercise Timetable



Cameron Pool

Summer 2021 Timetable

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	6am Burn Kolo	6am Burn Dani	6am Pilates Annie	6am Burn Kolo	6am Burn Kolo		9am Base Vaughan
Mid Morning	9am Gold Fit Dianne	10am Low Impact Aerobics Evelyn		11am Gold Fit Dianne		9am Burn Sweta	9am Bolly Sculpt Ella
Lunch	11am Aqua Fit Iliyana		11am Aqua Fit Iliyana		11am Aqua Fit Iliyana		10am Bolly Robix Ella
Afternoon	5.30pm Core Power Dani	5.30pm Xpress Fit David	5.30pm Core Power David	5.30pm Xpress Fit David			
Evening	6pm Box & Burn Dani		5pm Spin (45mins) Rocky	6pm Spin Sharon			
Evening	6pm Spin Sharon	6pm Spin Annie	6pm Spin (45mins) Rocky	7pm Yoga Dianne	5pm Burn Sweta		
Evening	7pm Zumba Ricky			7pm Aqua Fit Iliyana			

Opening Hours

Group Fitness Notices

How to book Wed Spin at 5pm and 6pm

Gym

Mon – Thurs.....5.30am - 9pm
 Fri.....5.30am – 8pm
 Sat – Sun.....7am – 6pm

-All classes run by first in first serve except Wed Spin at 5pm and 6pm. These classes must be booked.

-Classes may have a different instructor due to different cover reasons.

-Bookings open on Tuesdays, call or email our reception team to book your spot.

-If class is full you will be put on a waiting list. The first on the waiting list will be notified if we have any cancellations.

Pool

Mon – Thurs.....5.30am – 8.45pm
 Fri.....5.30am – 7.45pm
 Sat – Sun.....7am – 5.45pm

-Please bring sweat towel and wipe all equip after use in class.

-Keep up to date on our facebook page YMCA at Cameron Pool for all class updates.

-You can book in for 1 class only.

-Cancellations – Call or email us to cancel your booking at least 2 hours before class start time.

Contact us on **09 624 6058** or email
cameronpool@ymcauckland.org.nz

-Attendance – If you fail to attend 2 classes without cancelling your booking, you will incur a 2-week suspension on being able to book in for class.