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!

ZUMBA 60mins

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

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.

LOW IMPACT AEROBICS 60mins

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

BOLLY ROBIX 60mins

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

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

YMCA

Cameron Pool

Autumn 2021 Timetable

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	**6am Burn** Kolo	**6am Burn** Owain	**6am Pilates** Annie	**6am Burn** Kolo	**6am Burn** Kolo		
Mid Morning	**9am Gold Fit** Dianne	**10am Low Impact Aerobics** Evelyn	**8.45am 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** David	**5.30pm Xpress Fit** David	**5.30pm Core Power** David	**5.30pm Xpress Fit** David	**5pm Burn** Sweta		
Evening	**6pm Spin** Sharon	**6pm Spin** Annie	**6pm Spin (45mins)** Rocky	**6pm Spin** Sharon			
Evening	**6pm Burn & Burn** David			**7pm Yoga** Dianne			
Evening	**7pm Zumba** Ricky			**7pm Aqua Fit** Iliyana			

Opening Hours

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

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

Group Fitness Notices

-All classes run by first in first serve except Wed 6pm Spin. This class must be booked to secure spot.

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

-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.

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

How to book Wed Spin 6pm

-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.

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

-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.