

SPIN

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

STRONG

A combination of Latin rhythms, bodyweight exercises and dynamic movements giving you a full body workout.

MUSCLE SCULPT

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

BODY BLAST

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

SPUMP

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

BOX N BURN

Focuses on boxing techniques and strength drills. Supported with music, you will be doing bag and pad work.

STEP

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

ZUMBA

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

ZUMBA GOLD

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

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.

AQUA ZUMBA

A pool based energetic workout designed for low impact movements while doing your favorite Zumba moves.

NEVER 2 OLD

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

AQUA FIT

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

GROUP EXERCISE TIMETABLE

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	*BURN 5.30 (Sgt) *SPIN 5.30 (Julia) *HIT – 6AM (Gavin) #EXPRESS BOX 6.00am (SGT)	*POWERPLAY 5.30 (Sgt) #SPIN 6.00 (Karen) *RUN CLUB 6.00 (Jo) *BOX 'N' BURN 6.00 (Julia)	*BURN 5.30 (Sgt) *SPIN 5.30 (Ellie) *MUSCLE SCULPT 6.00 (Karen)	*POWERPLAY 5.30 (Sgt) *BOX 'N' BURN 6.00 (Jo) *SPIN 6.00 (Ellie)	*BURN 5.30 (Sgt) *SPIN 5.30 (Sharlene/Jo) *BODY BLAST 6.00 (Karen)	*SPIN 7.30 (Ellie)	
Mid Morning	*YOGA 8.30 (Sarah) *YOGA 9.45 (Sarah) #ACTIVATE – 10AM (Tania)	*SPIN 9.30 (Annie) *PRAM CAMP 9.30 (Sgt) #NEVER 2 OLD 10.00	*PILATES 9.30 (Annie) #NEVER 2 OLD 10.00 *ACTIVATE – 10AM (Tania)	*YOGA 9.30 (Kimberly) #NEVER 2 OLD 10.00 #ZUMBA GOLD 10.15 (Tania)	*PILATES 9.30 (Ingrid) #BODY BLAST 9.30 (Karen) #NEVER 2 OLD 10.00	*BURN 9.30 (Sgt) #SPUMP 9.30 *YOGA 9.30 (Dina)	*Box 'N' BURN 10am (Gavin)
Lunch		*AQUA FIT 10.30 (Nicola)	*AQUA FIT 10.30 (Jo)	*PRAM CAMP 11.00 (Sgt)	*AQUA FIT 10.30 (Nicola)		*AQUA ZUMBA 1.15 (Marisol)
Evening	*KIDS CLUB 4.00 (Sgt) *SPIN 5.15 (Jo) #STEP 5.30 (Tania) *ZUMBA 6.00 (Iliyana)	#KIDS CLUB 4.30 (Sgt) *SPIN 5.15 (Sharlene) #ZUMBA 6.00 (Grace)	*KIDS CLUB 4.00 (Sgt) #BOX 'N' BURN 6.00 (Caty) *ZUMBA 6.00 (Iliyana)	*SPIN 5.30 (Sharlene) #MUSCLE SCULPT 6.00 (Tania)	*KIDS CLUB 4.00 (Sgt)		*YOGA 4.00 (Gemma)
Late Evening	*AB BLAST 6.30 (Sgt) #MUSCLE SCULPT 6.30 (Tania) *PILATES 7.15 (Caty)	*BURN 6.30 (Sgt) *YOGA 6.00 (Dina) #AB BLAST 7.00 (Sgt)		*BURN 6.30 (Sgt) *YOGA 6.00 (Kimberly) #ALIGN 7.00 (Sgt)			

KEY

* = Onehunga War Memorial Pools

= Jordan Recreational Centre

Sgt (Small group training) = 30 minutes located on the gym floor