

Mondays 6:00AM with Greg
Wednesday 5:45AM Virtual Spinning
Wednesday 6:00PM with Sarah

ELLERSLIE

SPIN

INTO SUMMER!

LAGOON POOL

Tuesdays 6:00PM with Sarah
Wednesday 6:00AM with Sarah
Friday 6:00AM with Greg
Saturday 8:30AM with Frances



The original and best indoor cycling experience. Top notch instructors and music that motivates you, takes you out of the studio and into your imagination on the ultimate fitness journey. As a group, your spin class will be developing great cardiovascular fitness as well as getting a thorough lower and upper body workout.



FEBRUARY 2021



GROUP

EXERCISE

TIMETABLE



**Out there,
around here.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ELLERSLIE							
AM	6:00AM – SPIN <i>(Greg – 45 – Downstairs)</i> 9:15AM – YOGA <i>(Renee – 60 – Downstairs)</i> 10:30AM – GOLDFIT <i>(Michaela – 60 – Gym Floor)</i>	6:00AM – BURN 45 <i>(Bronson – 45 – Downstairs)</i> 9:00AM – MUSCLE SCULPT <i>(Karen – 50 – Downstairs)</i> 10:10AM – ZUMBA GOLD <i>(Sonia – 50 – Downstairs)</i>	5:45AM – SPIN <i>(Frederik – 60 – Downstairs)</i> 9:30AM – ACTIVE SENIORS <i>(Ingrid – 60 – Downstairs)</i> 10:45 – REHAB PILATES <i>(Ingrid – 60 – Downstairs)</i>	6:00AM – BURN 45 <i>(Frederik – 45 – Downstairs)</i> 9:30AM – ZUMBA <i>(Sonia – 50 – Downstairs)</i> 10:30AM – GOLDFIT <i>(Michaela – 60 – Gym Floor)</i>	6:00AM – BURN 45 <i>(Frederik – 45 – Downstairs)</i> 9:30AM – MUSCLE SCULPT <i>(Emma – 60 – Downstairs)</i>	8:00AM – BURN 45 <i>(Caty – 45 – Downstairs)</i> 9:30AM – YOGA <i>(Olga – 60 – Downstairs)</i>	8:15AM – BURN 45 <i>(Frederik – 45 – Downstairs)</i> 9:10AM – PILATES <i>(Caty – 50 – Downstairs)</i> 11:00AM – YOGA <i>(Renee – 60 – Downstairs)</i>
PM	12:00PM – TAI CHI <i>(Instructor – 60 – Downstairs)</i> 6:00PM – BURN 45 <i>(Caty – 45 – Downstairs)</i> 7:00PM – ZUMBA <i>(Olga – 60 – Downstairs)</i>	5:15PM – SPINCAMP <i>(Frederik – 45 – Downstairs)</i> 6:00PM – BURN 45 <i>(Emily – 45 – Downstairs)</i> 7:00PM – YOGA <i>(Mans – 60 – Downstairs)</i>	6:00PM – SPIN <i>(Sarah – 45 – Downstairs)</i> 6:15PM – BURN 45 <i>(Anthony – 45 – Stadium)</i>	5:15PM – SPINCAMP <i>(Frederik – 45 – Downstairs)</i> 6:00PM – YOUTH BOXING <i>(Instructor – 60 – Stadium)</i> <i>(Starts 4/2/21)</i> 6:00PM – MUSCLE SCULPT <i>(Jacqui – 50 – Downstairs)</i> 7:00PM – PILATES <i>(Ingrid – 50 – Downstairs)</i>	12:00PM – TAI CHI <i>(Instructor – 60 – Downstairs)</i> 6:00PM – BURN 45 <i>(Anthony – 45 – Downstairs)</i>		
LAGOON POOL							
AM	5:45AM – AB BLAST <i>(Bronson – 15 – Upstairs)</i> 6:00AM – BURN 30 <i>(Bronson – 30 – Upstairs)</i> 9:30AM – BEGINNER STRENGTH <i>(Bronson – 30 – Gym Floor)</i>	6:00AM – BOX n BURN <i>(Richard – 50 – Upstairs)</i> 10:00AM – AQUA ENERGY <i>(Ben – 60 – Pool)</i> 10:00AM – YOGA <i>(Kirsty – 60 – Stadium)</i> 11AM – GREEN PRESCRIPTION WORKOUT <i>(Gareth – 45 – Upstairs)</i> <i>(Starts 16/2/21)</i>	5:45AM – BOOTCAMP <i>(Richard – 60 – Gym Floor)</i> 6:00AM – SPIN <i>(Sarah – 45 – Upstairs)</i> 7:00AM – BEGINNER STRENGTH <i>(Richard – 30 – Gym Floor)</i> 9:00AM – YOGA <i>(Renee – 60 – Stadium)</i> 9:30AM – BURN 30 <i>(Richard – 30 – FTZ)</i>	6:00AM – BOX n BURN <i>(Richard – 60 – Upstairs)</i> 9:30AM – BURN 30 <i>(Bronson – 30 – FTZ)</i>	5:45AM – BOOTCAMP <i>(Richard – 60 – Gym Floor)</i> 6:00AM – SPIN <i>(Greg – 45 – Upstairs)</i> 6:30AM – BEGINNER STRENGTH <i>(Bronson – 30 – Gym Floor)</i> 9:00AM – YOGA <i>(Renee – 60 – Stadium)</i> 10:00AM – AQUA ENERGY <i>(Ben – 60 – Pool)</i>	8:30AM – SPIN <i>(Frances – 30 – Upstairs)</i> 9:30AM – BURN 30 <i>(Bronson – 30 – FTZ)</i>	9:00AM – BEGINNER STRENGTH <i>(Ema – 30 – Gym Floor)</i> 10:30AM – PARENTS & KIDS <i>(Ema – 60 – FTZ)</i>
PM	5:45PM – BURN 30 <i>(Bronson – 30 – FTZ)</i> 6:30PM – YOGA <i>(Renee – 60 – Stadium)</i>	5:00PM – BURN 30 5:30PM – BURN 30 <i>(Greg – 30 – FTZ)</i> 6:00PM – YOUTH BOXING <i>(Instructor – 60 – FTZ)</i> <i>(Starts 9/2/21)</i> 6:00PM – SPIN <i>(Sarah – 45 – Upstairs)</i> 7:00PM – PILATES <i>(Olga – 60 – Stadium)</i>	6:30PM – BURN 30 7:00PM – BURN 30 <i>(Greg – 30 – FTZ)</i> 7:00PM – ZUMBA <i>(Olga – 60 – Upstairs)</i>	6:30PM – BURN 30 <i>(Ema – 30 – FTZ)</i> 7:45PM – AQUA ZUMBA <i>(Linda – 60 – Indoor Pool)</i>	5:30PM – BOX n BURN <i>(Obed – 60 – Upstairs)</i>	4:00PM – BURN 30 <i>(Anthony – 30 – FTZ)</i>	5:30PM – BURN 30 <i>(Greg – 30 – FTZ)</i>

TIME – CLASS
Instructor – Duration of class (mins) - Location

Visit our website for class descriptions at ymcauckland.org.nz
*BOOTCAMPS HAVE AN ADDITIONAL COST