

Group Exercise

Timetable

Active seniors:

Group Exercise program for the over 60's focusing on functional easy to follow exercise.

Blast HT:

Full body workout incorporating a range of body weight and functional exercises.

Body Conditioning:

High energy class focusing on cardio drills and working hard!

Express HT:

A 45-minute full body workout incorporating a range of body weight and functional exercises.

Express (Virtual Class)

Choose your own class from a comprehensive suite of workouts to train and test your body for a quick 30 minutes.

Gold-Fit:

Gym based class for over 60s focusing on functional, easy to follow exercises.

Muscle Sculpt:

Build the body you want with a variety of weight bearing & body weight exercises designed to build muscle and create definition.

Spin:

High energy class that will see you doing anything from endurance strength or sprint exercises.

Zumba Gold:

Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity.

Pilates:

With total focus on core ability, muscle balancing, joint release and breathing techniques, Pilates teaches you a higher level of body awareness to create a stronger body posture and an energized mind.

Zumba:

Join the party! Latin rhythms and easy to follow moves create a dynamic fitness program that will blow you away. You will love working out and you will be hooked.

Yoga:

Bring balance to your body, mind and spirit through the development of strength and flexibility combined with breath control and relaxation methods. Yoga has the power to calm the mind increase concentration, improve well-being and can be a powerful antidote to stress.



YMCA Ellerslie

46 Michaels Avenue, Ellerslie



Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	6:00am Spin <i>Greg</i>	6:00am Express HT* <i>Matt</i>	6:00am Spin* <i>Virtual Class</i>		6:00am Express HT* <i>Matt</i>	8:00am Blast HT <i>Caty</i>	
Mid-Morning	9:30am Yoga <i>Angie</i>	9:00am Muscle Sculpt <i>Karen</i>	9:30am Active Seniors <i>Ngairene</i>	9:30am Zumba <i>Steve</i>	9:30am Muscle Sculpt <i>Sharon</i>	9:30am Yoga <i>Olga</i>	9:00am Pilates <i>Caty</i>
Late Morning	10:30am Gold Fit <i>Lynanne</i>	10:00am Zumba Gold <i>Steve</i>		10:30am Gold Fit <i>Lynanne</i>	10:30am Gold Fit <i>Sharon</i>		10:30am Yoga <i>Angie</i>
Lunch / Early Afternoon	12:00pm Tai Chi	12:30pm Express <i>Virtual Class</i>		12:30pm Express <i>Virtual Class</i>	12:00pm Tai Chi	2:00pm Express HT**	2:00pm Express HT**
Evening	6:00pm Blast HT <i>Caty</i>	6:00pm Blast HT <i>Owain</i>	6:00pm Spin <i>Sarah</i>	6:00pm Muscle Sculpt <i>Jacqui</i>	6:00pm Zumba <i>Olga</i>		
Late Evening	7:00pm Zumba <i>Olga</i>	7:00pm Yoga <i>Mans</i>	6:00pm Body Conditioning <i>Fiona</i>	7:00pm Pilates <i>Ingrid</i>			

*45 minute classes

** 30 minute classes