

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 Recreation Centre

2019

Time	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY
Early Morning	6:00am	Spin Greg	6:00am	Express HT* Matt	6.00am	Spin* Virtual Class			6:00am	Express HT* Matt	8:00am	Blast HT Caty	
Mid-Morning	9:30am	Yoga Angie	9:00am Sculpt	Muscle Karen	9:30am	Active Seniors Ngairene	9:30am	Zumba Steve	9:30am	Muscle Sculpt Sharon	9:30am	Yoga Olga	9:00am Pilates Caty
Late Morning	10:30am	Gold Fit Lynanne	10:00am	Zumba Gold Steve			10:30am	Gold Fit Lynanne	10:30am	Gold Fit Sharon			10:30am Yoga Angie
Lunch / Early Afternoon	12:00pm	Tai Chi	12:30pm	Express Virtual Class			12:30pm	Express Virtual Class	12:00pm	Tai Chi	2:00pm	Express HT**	2:00pm Express HT**
Evening	6:00pm	Blast HT Caty	6:00pm	Blast HT Owain	6:00pm	Spin Sarah	6:00pm	Muscle Sculpt Jacqui	6:00pm	Zumba Olga			
Late Evening	7:00pm	Zumba Olga	7:00pm	Yoga Mans	6:00pm	Body Conditioning Fiona	7:00pm	Pilates Ingrid					

*45 minute classes

** 30 minute classes

Visit our website for class descriptions www.ymcaauckland.org.nz/programmes/group-fitness-classes/