

6 WEEK CHALLENGE

Register Now
Challenge starts **October 31st**



- Body measurements
- Over the week fitness challenges
- Nutritional advice & challenges
- PT session every week
- Goal & Progress tracking

42 days to get your fitness back

T's & C's apply - Challenge cost: \$360 for members

YMCA Glen Innes Pools - www.ymcauckland.org.nz



Glen Innes Pools



GROUP EXERCISE

Timetable



YMCA Glen Innes Pool & Leisure Centre

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	6:00am Suspension Ariel	6:00am Y-Ride Cynthia	6:00am SPump Carron	6:00am Y-Ride Carron	6:00am Suspension Ariel		
		7:00am AB Blast		7:30am Suspension Ariel	6:50am Abs & Glutes** Carron	7:10am Y-Ride Carron	7:30am Aqua Fit Ben
		7:30am Power Yoga* Ariel			8:00am Power Yoga* Ariel	8:30am Yoga Edit	8:00am Y-Ride Matt
					8:30am AB Blast		
Mid Morning	9:10am Pilates Cynthia	9:10am SPump Ariel	9:10am Xpress Y-ride** <i>Followed by</i> Abs & Glutes** Beatriz	9:10am Muscle Max Beatriz	9:10am Step Ariel		9:10am Muscle Max Fiona
	9:15am Aqua Fit Ariel				9:15am Aqua Fit Beatriz	9:40am Zumba Ricky	
	10:15am Aqua Green ★ Ben	9:30am Aqua Energy Beatriz	9:30am Aqua Fit Ariel	9:30am Aqua Energy Ben	10:15am Aqua Green ★ Carron		
	10:30am Tai Chi Orlando	10:30am Pilates Beatriz	10:30am Tai Chi Orlando	10:30am Yoga Ariel			
Evening	5:15pm Xpress Y-ride** Cynthia			5:15pm Pilates Beatriz			
	6:00pm Box & Burn Ariel	6:00pm Xpress Y-ride** Cynthia	6:00pm Box & Burn Aga	6:10pm Suspension Beatriz			
	6:30pm Aqua Fit Ben	6:30pm Muscle Max** Cynthia	6:30pm Aqua Fit Ben		★ <i>NO Aqua Green classes during School Holidays</i>		
Late Evening	7:10pm Dance Fit Jai	7:10pm Pilates Cynthia	7:10pm Yoga Edit	7:10pm Zumba Ricky	NOTE: <i>Classes may have a different instructor due to different cover reasons</i>		
	7:10pm Xpress Fit	7:10pm AB Blast	7:10pm Xpress Fit				
			(*) ZOOM – Live online class.		(**) 30 min session		

Opening Hours

POOL

Monday – Friday 5:30am – 8:45pm
 Saturday – Sunday..... 7:00am – 7:15pm

GYM

Monday – Thursday..... 5:30am – 9:00pm
 Friday 5:30am – 8:00pm
 Saturday – Sunday..... 7:00am – 7:15pm

Visit our website for class descriptions www.ymcauckland.org.nz