

Workout Recommendations

Cardio - Y-Ride, Box & Burn, Step, Aqua Fit, SPUMP, Express Fit.

Toning - Muscle Max, Suspension, Pilates, Power Yoga, Abs & Glutes, Box & Burn, SPUMP, Aqua Fit.

Flexibility - Yoga, Power Yoga, Tai Chi.

Box & Burn: Is a high energy class focusing on boxing technique and strength drills for fitness and fun.

Muscle Max: Is a weights training class designed to increase strength, bone density and muscle tone across the entire body.

Y- Ride: Is our indoor cycling class. This is a high - energy class that will simulate and outdoor bike ride.

Aqua Energy/Fit: Is a pool - based class designed to reduce pressure on joints in a low impact but very effective workout.

Suspension Training: Using cables and body weight, it will work your body in a very different way. All fitness elements in one class.

SPUMP: Muscle Max combined with Y-Ride. It's an interval training session with 10 min on the bike and 10min on weights back to back..

Yoga: Develop your strength and flexibility whilst focusing on breath control and relaxation and postural alignment.

Pilates: Core strength, controlled breathing, flexibility and awareness in order to support efficient movement.

Aqua Green: Perfect for Green Prescription participants. A lower intensity workout designed to make your heart healthy.

Tai Chi: Focuses on gentle and flowing movements. This is a relaxing workout that will make you feel calm and energized.

Power Yoga: It is a class using the Yoga physical elements for balance and mobility and Pilates for core functional strength.

Step; Is a class using the step platform for a very energetic and fun choreography to workout legs and cardiovascular fitness.

Zumba: Dance to the rhythms of great Latin music. A Family friendly class for all ages and fitness levels.

Express classes: These are 30min sessions with focus on High - intensity training for best results in a short period of time.

ABS & Glutes: It is a 30min class with focus on shaping and toning of the abdominal and lower body muscles.

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**GROUP
EXERCISE
TIMETABLE**

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	6:00am Suspension <i>Ariel</i>	6:00am Y-Ride <i>Nikki</i>	6:00am Muscle Max <i>Cynthia</i>	6:00am Y-Ride <i>Felicity</i>	6:00am Box & Burn <i>Marcos</i>	7:10am Y-Ride <i>Karen</i>	7:30am Aqua Fit <i>Cynthia</i>
	7:00am ABS BLAST*	7:00am ABS BLAST*	7:30am Step <i>Marcos</i>	7:00am XPRESS TABATA*	7:00am ABS BLAST*	8:20am Yoga <i>Edit</i>	8:00am Y-Ride <i>Felicity</i>
	7:30am Aqua Fit <i>Cynthia</i>	7:30am Power Yoga <i>Ariel</i>	7:30am Aqua Fit <i>Cynthia</i>	7:30am Suspension <i>Ariel</i>	8:00am Power Yoga <i>Ariel</i>		
Mid Morning	9:10am Pilates <i>Cynthia</i>	9:10am SPump <i>Ariel</i>	9:10am XPRESSYRIDE* <i>Cynthia</i>	9:10am Muscle Max <i>Ariel</i>	9:10am Step <i>Ariel</i>	8:30am ABS BLAST*	9:00am K-CLUB*
	9:15am Aqua Fit <i>Ariel</i>	9:15am Aqua Energy <i>Marcos</i>	9:30am Aqua Fit <i>Ariel</i>	9:30am Aqua Energy <i>Marcos</i>	9:15am Aqua Fit <i>Sonya</i>	9:30am Zumba <i>Ilona</i>	9:10am Muscle Max <i>Pok</i>
	10:15am Aqua Green <i>Cynthia</i>	10:30am Yoga <i>Marcos</i>	9:40am ABS & GLUTES* <i>Cynthia</i>	9:30am	10:15am Aqua Green <i>Sonya</i>		
	10:30am Tai Chi <i>Orlando</i>		10:30am Tai Chi <i>Orlando</i>				
Lunch	Never2old (11am-1pm) <i>Ariel</i>		Never2old (11am-1pm) <i>Ariel</i>		Never2old (11am-1pm) <i>Ariel</i>		
Afternoon	5:30pm EXPRESS YRIDE* <i>Cynthia</i>	4:00pm K-CLUB*		4:00pm K-CLUB*			
Evening	6:00pm Box & Burn <i>Lex</i>	6:00pm SPump <i>Cynthia</i>	6:00pm Box & Burn <i>Aga</i>	6:00pm Suspension <i>Cynthia</i>			
	6:30pm Aqua Fit <i>Cynthia</i>	7:00pm XPRESS TABATA*	6:30pm Aqua Fit <i>Sonya</i>				
	7:00pm XPRESS FIT*		7:00pm ABS BLAST*				
Late Evening	7:10pm XPRESS YRIDE* <i>Felicity</i>	7:10pm Pilates <i>Cynthia</i>	7:10pm Yoga <i>Felicity</i>				
	7:40pm ABS BLAST* <i>Felicity</i>						
(*) 30 min sessions							