



FITNESS ON DEMAND

Don't miss out on your workouts just because you can't make our classes!

Introducing virtual versions of 100s of Group Fitness classes covering workouts such as P90X, Insanity, HIIT, Yoga, Pilates, Cycling and more.



2 options of use

"Pre-scheduled" virtual classes
bookable with our Fitness Trainers

"On-Demand" classes
when there are no pre-scheduled virtual classes or live classes in the group fitness room, just go in and choose your own virtual class to run (on a first-come-first-served basis)

Easy, convenient and flexible to accommodate your every whim to work out!
For further information, please ask our staff for details.

Glen Innes Pool & Leisure Centre
Proudly managed by YMCA
122 Elstree Avenue, Glen Innes
PH 09 527 3260



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>Iliyana</i>
	7:00am ABS BLAST*	7:00am ABS BLAST*	7:30am Step <i>Marcos</i>	7:30am Suspension <i>Ariel</i>	7:00am ABS BLAST* Power Yoga	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>		8:00am <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*	9:10am Muscle Max
	9:15am Aqua Fit <i>Ariel</i>	9:30am Aqua Energy <i>Marcos</i>	9:30am Aqua Fit <i>Ariel</i>	9:30am Aqua Energy <i>Ben</i>	9:15am Aqua Fit <i>Sonya</i>	9:30am Zumba <i>Ilona</i>	
	10:15am Aqua Green <i>Ben</i>	10:30am Yoga <i>Marcos</i>	9:40am ABS & GLUTES* <i>Cynthia</i>		10:15am Aqua Green <i>Sonya</i>		
	10:30am Tai Chi <i>Orlando</i>		10:30am Tai Chi <i>Orlando</i>				
Lunch	Gold Fit (11am-1pm) <i>Konnor</i>		Gold Fit (11am-1pm) <i>Konnor</i>		Gold Fit (11am-1pm) <i>Konnor</i>		
	5:30pm EXPRESS YRIDE* <i>Cynthia</i>						
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>Ben</i>	7:00pm ABS BLAST*	6:30pm Aqua Fit <i>Ariel</i>	7:00pm Zumba <i>Ilona</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							

Opening Hours

POOL

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

GYM

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

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