



# **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 <b>Suspension</b> <i>Ariel</i>	6:00am <b>Y-Ride</b> <i>Nikki</i>	6:00am <b>Muscle Max</b> <i>Cynthia</i>	6:00am <b>Y-Ride</b> <i>Felicity</i>	6:00am <b>Box &amp; Burn</b> <i>Marcos</i>	7:10am <b>Y-Ride</b> <i>Karen</i>	7:30am <b>Aqua Fit</b> <i>Iliyana</i>
	7:00am <b>ABS BLAST*</b>	7:00am <b>ABS BLAST*</b>	7:30am <b>Step</b> <i>Marcos</i>	7:30am <b>Suspension</b> <i>Ariel</i>	7:00am <b>ABS BLAST*</b>	8:20am <b>Yoga</b> <i>Edit</i>	8:00am <b>Y-Ride</b> <i>Felicity</i>
	7:30am <b>Aqua Fit</b> <i>Cynthia</i>	7:30am <b>Power Yoga</b> <i>Ariel</i>	7:30am <b>Aqua Fit</b> <i>Cynthia</i>		8:00am <b>Power Yoga</b> <i>Ariel</i>		
Mid Morning	9:10am <b>Pilates</b> <i>Cynthia</i>	9:10am <b>SPump</b> <i>Ariel</i>	9:10am <b>XPRESSYRIDE*</b> <i>Cynthia</i>	9:10am <b>Muscle Max</b> <i>Ariel</i>	9:10am <b>Step</b> <i>Ariel</i>	8:30am <b>ABS BLAST*</b>	9:10am <b>Muscle Max</b> <i>Fiona</i>
	9:15am <b>Aqua Fit</b> <i>Ariel</i>	9:30am <b>Aqua Energy</b> <i>Marcos</i>	9:30am <b>Aqua Fit</b> <i>Ariel</i>	9:30am <b>Aqua Energy</b> <i>Ben</i>	9:15am <b>Aqua Fit</b> <i>Sonya</i>	9:30am <b>Zumba</b> <i>Ilona</i>	
	10:15am <b>Aqua Green</b> <i>Ben</i>	10:30am <b>Yoga</b> <i>Marcos</i>	9:40am <b>ABS &amp; GLUTES*</b> <i>Cynthia</i>		10:15am <b>Aqua Green</b> <i>Sonya</i>		
	10:30am <b>Tai Chi</b> <i>Orlando</i>		10:30am <b>Tai Chi</b> <i>Orlando</i>				
Lunch	<b>Gold Fit (11am-1pm)</b> <i>Konnor</i>		<b>Gold Fit (11am-1pm)</b> <i>Konnor</i>		<b>Gold Fit (11am-1pm)</b> <i>Konnor</i>		
	5:30pm <b>EXPRESS YRIDE*</b> <i>Cynthia</i>						
Evening	6:00pm <b>Box &amp; Burn</b> <i>Konnor</i>	6:00pm <b>SPump</b> <i>Cynthia</i>	6:00pm <b>Box &amp; Burn</b> <i>Aga</i>	6:00pm <b>Suspension</b> <i>Cynthia</i>			
	6:30pm <b>Aqua Fit</b> <i>Ben</i>	7:00pm <b>ABS BLAST*</b>	6:30pm <b>Aqua Fit</b> <i>Ariel</i>	7:00pm <b>Zumba</b> <i>Ilona</i>			
	7:00pm <b>XPRESS FIT*</b>		7:00pm <b>ABS BLAST*</b>				
Late Evening	7:10pm <b>XPRESS YRIDE*</b> <i>Felicity</i>	7:10pm <b>Pilates</b> <i>Cynthia</i>	7:10pm <b>Yoga</b> <i>Felicity</i>				
	7:40pm <b>ABS BLAST*</b> <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](http://www.ymcauckland.org.nz)