



GYM PROGRAMME REVIEW

Reviewing your programme every
4 – 6 weeks is important for:

- Reaching your goals
- Keeping you motivated
- Updating your progress

SPEAK with one of our Trainers and BOOK an appointment NOW

**FULL TIMETABLE BACK
ON THE 18th JANUARY 2021**

Group Exercise

Timetable





YMCA Glen Innes Pool & Leisure Centre

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	6:00am Suspension*** <i>Ariel</i>	6:00am Y-Ride <i>Cynthia</i>	6:00am Muscle Max*** <i>Fiona</i>	6:00am Y-Ride <i>Matt</i>	6:00am Box & Burn <i>Ariel</i>		
	7:00am AB Blast* <i>Fitness Trainer</i>	7:00am AB Blast* <i>Fitness Trainer</i>		7:30am Suspension*** <i>Ariel</i>	7:00am AB Blast* <i>Fitness Trainer</i>	7:10am Y-Ride <i>Karen</i>	7:30am Aqua Fit <i>Janine</i>
	7:30am Aqua Fit <i>Cynthia</i>	7:30am Power Yoga <i>Ariel</i>			8:00am Power Yoga <i>Ariel</i>	8:30am Yoga <i>Edit</i>	8:00am Y-Ride <i>Matt</i>
Mid Morning	9:10am Pilates <i>Cynthia</i>	9:10am Spump <i>Ariel</i>	9:10am Xpress Y-ride** <i>Followed by Abs & Glutes**</i> <i>Karen</i>	9:10am Muscle Max <i>Beatriz</i>	9:10am Step <i>Ariel</i>		9:10am Muscle Max <i>Fiona</i>
	9:15am Aqua Fit <i>Ariel</i>				9:15am Aqua Fit <i>Beatriz</i>	9:40am Zumba <i>Ricky</i>	
	10:15am Aqua Green ★ <i>Ben</i>	9:30am Aqua Energy <i>Beatriz</i>	9:30am Aqua Fit <i>Ariel</i>	9:30am Aqua Energy <i>Ben</i>	10:15am Aqua Green ★ <i>Janine</i>		
	10:30am Tai Chi <i>Orlando</i>	10:30am Pilates <i>Beatriz</i>	10:30am Tai Chi <i>Orlando</i>	10:30am Yoga <i>Ariel</i>			
Evening	5:30pm Xpress Y-ride** <i>Cynthia</i>			5:15pm Pilates*** <i>Beatriz</i>			
	6:00pm Box & Burn <i>Lex</i>	6:00pm Xpress Y-ride** <i>Cynthia</i>	6:00pm Box & Burn <i>Aga</i>	6:10pm Suspension*** <i>Cynthia</i>			
	6:30pm Aqua Fit <i>Ben</i>	6:30pm Muscle Max** <i>Cynthia</i>	6:30pm Aqua Fit <i>Ben</i>		★ <i>NO Aqua Green classes during School Holidays</i>		
Late Evening	7:00pm Xpress Fit* <i>Fitness Trainer</i>	7:00pm AB Blast* <i>Fitness Trainer</i>	7:00pm Xpress Fit* <i>Fitness Trainer</i>	7:10pm Zumba <i>Iona</i>	NOTE: <i>Classes may have a different instructor due to cover reasons</i>		
	7:10pm Dance Fit <i>Jai</i>	7:10pm Pilates <i>Cynthia</i>	7:10pm Yoga <i>Edit</i>				
(*) 15 min session (**) 30 min session (***) 45 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