

BOX & BURN

A high energy class focusing on boxing technique and strength drills

PILATES

Emphasis's the balanced development of the body through efficient movement.

YOGA

Yoga is the best known as a spiritual, mental and physical discipline that originated from India

SPINNING

The ultimate original indoor cycling experience

SPUMP

The best of both worlds – combination of cardio and weights

ACTIVE SENIORS

Light Aerobic class to improve your fitness and strength

ZUMBA

Join the Party. Latin hypnotic Latin rhythms and easy to follow moves.

AQUA ZUMBA

Known as the Zumba "pool party". This class will have you stretching, twisting and shouting.

Fit N 45

A circuit or Bootcamp style class that incorporates fun and games into your workout.

CORE POWER

This is a short workout that focuses on your core muscles to improve strength.

AQUA ENERGY

A fun and empowering based class that increases your energy levels while improving your fitness

K-CLUB

Let's get the kids active. 30 min based circuit that works on kid's motor skills and movement patterns.

FIT N 30

Come in challenge yourself with our high intensity training class.

FAMILY FIT ZONE

For family members. Workout together, bond together and grow together.

BOOTCAMP*

60 mins of a high intensity workout. Time to challenge yourself.
*extra charge for this class

GROUP EXERCISE TIMETABLE

YMCA Lagoon Pools and Leisure Centre

Spring Timetable

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	6.00am Fit in 45 Obed	6.00am Box & Burn Richard	6.00am Bootcamp *Richard 6.00am Spinning Sarah	6.00am Box n Burn Richard	6.00am Bootcamp *Richard 6.00am Spinning Emma (new class)		
Mid Morning	8.30am Green Prescription Class Whiria 9.30am Spin and abs Emma 10.30am Begin to Box Obed	9.30am SPUMP Emma 10.00am Jumpstart Richard	9.30am Pilates Ingrid 10.00am Aqua Zumba Grace	9.30am Begin to Box & Burn Emma	9.30am FIT in 45 Obed 10.00am Aqua Energy Lynette	8.30am Spinning Frances 9.30am Fit n 30 Obed 10.00am Jumpstart Obed	9.00am YOGA Kirsty (new class)
Afternoon	4.30pm K-Club Clark	4.00pm 5.30pm Family Fit Zone	4.30pm K-Club Obed	4.30pm Kids Boxing 7 - 12yr Clark*		4.00pm 5.30pm Family Fit Zone	
Evening	5.30pm Box & Burn Caty 6.00pm Jumpstart Clark	5.30pm Fit n 30 Greg 6.00pm Spinning Sarah	5.30pm Core Power Greg 6.00pm Box & Burn Felicity	5.30pm Fit n 30 Clark 6.00pm Spinning Sarah			5.30pm Core Power Greg
Late Evening	6.30pm Yoga Renaud	7.00pm Pilates Olga	7.00pm Zumba Olga	7.45pm Aqua Zumba Linda			

*Extra Charge for this class

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