

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

Group Exercise Timetable

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	6.00am Fit n 30 Obed	6.00am Box & Burn Richard	6.00am Bootcamp *Richard	6.00am Box n Burn Richard	6.00am Bootcamp* Richard		
	6.50am Abs Blast	6.50am Abs Blast	6.00am Spinning Sarah 6.50am Abs Blast	6.50am Abs blast	6.00am Spinning Emma 6.50am Abs Blast		
Mid Morning	9am – Walking group Obed		9.30am – Y Gold Obed	9.30am Box & Burn Richard	9am Walking group Emma	8.15am Spinning Frances	
	9.30am Spin Emma	9.30am Muscle Max Frances	9.40am Pilates		9.30am FIT in 30 Obed	9.00am Fit n 30 Obed	
	10.15am Abs Blast Obed	10.00am Jumpstart Richard	10.00am Aqua Zumba Grace 10.15am Abs Blast Obed		10.00am Aqua Energy 10.15am – Abs Blast	10.00am Jumpstart Obed	10.00am Parent and Child Boxing Richard starts 20 th May 2018
	10.30am – Xpress Circuit Obed						
Afternoon		Y Active Kids 4.30 - 5pm Greg		Y Active Kids 4.30 - 5pm Jenna			
Evening	5.30pm Xpress Spin (30mins) Emma	5.30pm Fit n 30 Greg	5.30pm Core & Glute Greg	5.30pm Fit n 30 Jenna	5.00pm Fit n 30 Rishi		5.30pm Core & Glute Greg
	6.00pm Xpress Muscle Max (30mins) Emma	6.00pm Spinning Sarah	6.00pm Xpress Spin (30mins) Emma	6.00pm Spinning Beatriz	5.50pm Abs Blast Rishi		
	6.00pm Jumpstart		6.30pm Xpress Muscle Max (30mins) Emma				
	6.50pm Abs Blast Jenna	6.50pm Abs Blast Greg	6.50pm Abs Blast Greg	6.50pm Abs Blast Jenna			
Late Evening	6.30pm Yoga Renaud	7.00pm Pilates Olga	7.00pm Zumba Olga	7.00pm – Yoga 7.45pm Aqua Zumba Linda			

*Extra Charge for this class

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