

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

Y-GOLD

Light Aerobic gym 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 30

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

Y-ACTIVE KIDS

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

XPRESS SPIN

30 minutes cardio session

XPRESS MUSCLE MAX

30 minute weight session.

ABS BLAST

Let a trainer take you through a 10 minutes abs session before or after you start your workout!

BOOTCAMP*

60 mins of a high intensity workout. Time to challenge yourself.

*extra charge for this class

YMCA Lagoon Pool and Leisure Centre
09 5709061

A photograph of three women in a gym. They are wearing athletic wear and are in a plank position on a blue mat. The woman in the foreground is wearing a bright yellow-green tank top and is smiling at the camera. The other two women are slightly behind her, also smiling.

GROUP

EXERCISE

TIMETABLE

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	5.40am Abs Blast Richard 6.00am Fit n 30 Richard	6.00am Box & Burn Richard	6.00am-Bootcamp *Richard 6.00am Spinning Sarah	6.00am Box n Burn Richard	6.00am-Bootcamp *Richard		
Mid-Morning	9.30am Xpress Muscle Max Richard 10.00am Abs Blast Richard	9.30am Fit n 30 Richard 10.00am – Aqua Energy Ben	9.30am Yoga Kirsty	9.30am Fit n 30 Richard	10.00am Aqua Energy Ben	8.30am Spinning Frances 9.00am Fit n 30 Obed	9.00am Fit n 30 Obed
Afternoon							
Evening	5.30pm Xpress Spin (30mins) Fiona 6.00pm Xpress Muscle Max (30mins) Fiona 6.50pm Abs Blast Annie (gym floor)	5.30pm Fit n 30 session 1 Greg (Tunnel) 6.00pm Spinning Sarah 6.00pm Fit n 30 session 2 Greg (Tunnel)	6.00pm Xpress Spin (30mins) – Greg 6.30pm Xpress Muscle Max Circuit (20mins) - Greg	5.30pm Fit n 30 Annie (Tunnel) 6.00pm Spinning Fiona	5.00pm Fit n 30		5.30pm Fit n 30 Greg
Late Evening	6.30pm Yoga Kirsty	7.00pm Pilates Olga	7.00pm Zumba Olga	7.45pm Aqua Zumba Linda			

Extra Charge for this class - \$15 per person

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