

### 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 behind her, also smiling.

# GROUP

# EXERCISE

# TIMETABLE

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Early Morning</b>	5.40am <b>Abs Blast</b> Obed 6.00am <b>Fit n 30</b> Obed	6.00am <b>Box &amp; Burn</b> Richard	<b>6.00am-Bootcamp</b> *Richard 6.00am <b>Spinning</b> Sarah 6.00am <b>Xpress Muscle Max</b> (gym) – Rishi	6.00am <b>Box n Burn</b> Richard	<b>6.00am-Bootcamp*</b> Richard 6.00am <b>Xpress Muscle Max</b> (gym)- Obed		
<b>MidMorning</b>	9.30am <b>Xpress Muscle Max</b> Obed  10.00am <b>Abs Blast</b> Obed	9.30am <b>SPUMP</b> Emma  <b>10.00am – Aqua Energy</b> Ben	9.30am <b>Yoga</b> Kirsty	9.30am <b>Fit n 30</b> Richard	9.30am <b>Xpress Muscle Max</b> Obed  <b>10.00am Aqua Energy</b> Ben	8.30am <b>Spinning</b> Frances 9.00am <b>Fit n 30</b> Obed	10.00am <b>Parent and child boxing</b> Richard
<b>Afternoon</b>					5.00pm <b>Fit n 30</b> Rishi	4.00pm – <b>Fit n 30 Adam (tunnel)</b>	
<b>Evening</b>	5.30pm <b>Xpress Spin</b> (30mins) Fiona  6.00pm <b>Xpress Muscle Max</b> (30mins) Fiona  6.50pm <b>Abs Blast</b> Adam (gym floor)	5.30pm <b>Fit n 30 session 1</b> Greg (Tunnel)  6.00pm <b>Spinning</b> Sarah  6.00pm <b>Fit n 30 session 2</b> Greg (Tunnel)	5.30pm <b>Core &amp; Glute</b> Adam (outside)  6.00pm <b>Xpress Spin</b> (30mins) Emma  6.30pm <b>Xpress Muscle Max</b> (30mins) Emma	5.30pm <b>Fit n 30</b> Annie (Tunnel)  6.00pm <b>Spinning</b> Greg			5.30pm <b>Fit n 30</b> Greg
<b>Late Evening</b>	6.30pm <b>Yoga</b> Kirsty	7.00pm <b>Pilates</b> Olga	7.00pm <b>Zumba</b> Olga	<b>7.45pm Aqua Zumba</b> Linda			

\*Extra Charge for this class - \$15 per person