

Yoga:
Develop your strength and flexibility whilst focusing on breathing and relaxation techniques

Spinning:
High energy class that will see you doing anything from endurance, strength or sprint exercises on a spin bike

Muscle Max:
Weight training class designed to increase strength, bone density and muscle mass across the entire body

Y- Gold:
Gym based class for the over 60's focusing on functional exercises to support an active independent lifestyle

Box Burn:
High energy class focusing on boxing technique, speed and cardio drills

Zumba:
Combines Latin rhythms and easy to follow moves creating a dynamic dance based experience

Active seniors:
Group exercise program for the over 60's focusing on functional easy to follow exercises

Pilates:
Focus on balanced full body work through core strength, controlled breathing, flexibility and body awareness

Technique Class:
Learn how to squat, deadlift and bench-press with proper form and technique. Max 3 people per class. 30 min class. Book in advance with a trainer

Circuit training:
30 min class for the busy individuals. The class combines strength and cardio exercises to get your fitness levels up in no time



GROUP

EXERCISE

TIMETABLE

YMCA Lynfield
16-18 Griffen Park Road, Mt Roskill
Auckland 1041
Phone: 09 6271642
Email: lynfield@ymcauckland.org.nz



Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning		Spinning 6:00 AM Josie		Fit in 45 6:15 AM Fitness Trainer	Fit in 30 6:30 AM Fitness Trainer	Box & Burn 8:00 AM Scott	
Mid Morning	Fit in 30 9:15 AM Fitness Trainer	Fit in 30 9:15 AM Fitness Trainer Yoga 9:45 AM Dianne	Fit in 30 9:15 AM Fitness Trainer Yoga 10:00 AM Kimberly	Active Seniors 10:00 AM Ngairene	Yoga 9:15 AM Diana	Muscle Max 9:00 AM Sharon	
Lunch		Y- Gold 11:00 AM Nina & Annie	Y- Gold 11:15 AM Nina		Y- Gold 11:00 AM Nina & Annie	Zumba 10:15 AM Alison	
Evening	Muscle Max 6:00 PM Nicola Spinning 6:00 PM Annie	Pilates 6:00 PM Jenny	Box & Burn 6:00 PM Jeremy/Shweta	Pilates 6:00 PM Jenny			
Late Evening	Yoga 7:00 PM Dianne	Zumba 7:00 PM Aggie	Yoga 7:00 PM Dianne	Zumba 7:00 PM Olga			

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