

**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

**Gold Fit:**

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

**Pilates:**

Focus on balanced full bodywork through core strength, controlled breathing, flexibility and body awareness

**Fit in 30****Circuit training:**

30 minute class that combines a variety of exercises to challenge you and fit into your daily routine.

# Group Exercise

## Timetable



**YMCA Lynfield Youth and Leisure Centre**

P : 09 6271642

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Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	Fit in 30 9:15 AM Fitness Trainer	<b>Spinning</b> 6:00 AM <b>Josie</b> Fit in 30 9:15 AM Fitness Trainer	Fit in 30 9:15 AM Fitness Trainer	Fit in 45 9:15 AM Fitness Trainer	Fit in 30 8:45 AM Fitness Trainer	<b>Box &amp; Burn</b> 8:00 AM <b>Scott</b>	Fit in 30 9.30 AM Fitness Trainer
Mid Morning		<b>Yoga</b> 9:45 AM <b>Dianne</b>	<b>Yoga</b> 10:00 AM <b>Dianne</b>		<b>Yoga</b> 9:15 AM	<b>Muscle Max</b> 9:00 AM <b>Sharon</b>	
Lunch		<b>Gold Fit</b> 11:00 AM <b>Nina &amp; Annie</b>	<b>Gold Fit</b> 11:15 AM <b>Nina</b>		<b>Gold Fit</b> 11:00 AM <b>Nina &amp; Annie</b>	<b>Zumba</b> 10.15 AM <b>Aggie</b>	
Evening	<b>Muscle Max</b> 6:00 PM <b>Nicola</b>  <b>Spinning</b> 6:00 PM <b>Annie</b>	<b>Pilates</b> 6:00 PM <b>Jenny</b>	<b>Box &amp; Burn</b> 6:00 PM <b>Shweta</b>	<b>Muscle Max</b> 6:00 PM <b>Jenny</b>			
Late Evening	<b>Yoga</b> 7:00 PM <b>Dianne</b>	<b>Zumba</b> 7:00 PM <b>Aggie</b>	<b>Yoga</b> 7:00 PM <b>Dianne</b>	<b>Pilates</b> 7:00 PM <b>Jenny</b>			

## YMCA Lynfield Youth and Leisure Centre

Visit our website for class descriptions [www.ymcauckland.org.nz/programmes/group-fitness-classes/](http://www.ymcauckland.org.nz/programmes/group-fitness-classes/)