

BOX & BURN (60 min)

With a focus on technique & Boxing related fitness there's no better way to release stress, functionally strengthen your core and have fun doing it! All equipment provided and all levels catered for.

YOGA LEVEL 1 (75 min)

A beginner level form of yoga - bring balance to your body, mind and spirit through the development of strength and flexibility combined with breath control and relaxation methods.

MUSCLE MAX (45 min)

This class focuses on full body resistance training, incorporating body weight movements & core exercises to tone the whole body. Great for people looking for guided strength & conditioning training.

CORE POWER (30 min)

A great way to challenge your core muscles and improve stability & balance. This class incorporates Pilates and Yoga moves along with new and traditional core training techniques.

ZUMBA® (60 min)

JOIN THE PARTY! Latin rhythms and easy to follow moves create a dynamic fitness program that will blow you away. You will want to work out, you will love working out and you'll be coming back for more!

SPINNING® (60 min)

The original and best indoor cycling experience! Top notch instructors and music that motivates you and takes you out of the studio and into your imagination on the ultimate fitness journey.

HATHA VINYASA YOGA (60min)

A general class for all fitness levels. This hatha-flow class will integrate your body, mind and spirit through the ancient practice of breathing, physical, exercise, and postural relaxation

TABATA (30 min)

The original high intensity workout. Developed to get quick results. This express class uses high intensity body weight movements and targets all areas of the body. All fitness levels are catered for.

YOUTH BURN: (45 min)

Youth structured workout on Wednesday at 4pm for ages 13-18 years old. Limited spaces available. Teenagers do not need a gym membership to participate in this class.

PILATES (60 min)

With total focus on core stability, muscle balancing, joint release and breathing techniques, Pilates teaches you a higher level of body awareness to create a stronger body posture and an energized mind.

ZUMBA GOLD® (60 min)

Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity.

POWER VINYASA YOGA (75min)

An intermediate level class. This moving sequential flow will revive you're your body, mind & soul. As a group we focus on generating energy through strengthening flexibility poses restoring balance & harmony to your overall wellbeing.

POWER PLAY (30 min)

An express class based on circuit training with a variety of movements. From timed challenges to team & individual based workouts, fun is the key word here. And it's an awesome way to boost your metabolism.

HATHA VINYASA YOGA (45-60 min)

A general class for all fitness levels. This hatha-flow class will integrate your body, mind and spirit through the ancient practice of breathing, physical, exercise, and postural relaxation. Lunch time option available Wednesday.

Y-GOLD (60 min)

Y-gold is the perfect class for aging adults looking for a fun and social fitness solution. Set in the gym with our targeted health care specialist you will receive the best possible treatment. Classes involve balance, strength, aerobic fitness and core exercise.



GROUP

EXERCISE

TIMETABLE

545 Don Buck Road,
Massey 0614
Ph. 09 833 8100

 **Out there,
around here.**
YMCA

 **Out there,
around here.**
YMCA

Summer 2019 Opening hours:

Mon - Fri 5:30am - 9:00pm

Sat - Sun 8:00am - 4:00pm

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Zumba® 9:30am (60mins)	Muscle Max - Gym 9:30am (45mins)	Zumba® 9:30am (60mins)	Power Play - Gym 9:30am (30mins)	Muscle Max - Gym 9:30am (45mins)	Box & Burn 8:00am (60mins) Spinning® 8:30am (60mins)	Spinning® 9:00am (60mins)
Mid Morning	Zumba Gold® 10:30am (60mins)	Pilates 10:00am (60mins) Gold-Fit - Gym 10:30am (60mins)	Hatha Vinyasa Yoga 12:00pm (60mins)	Gold-Fit - Gym 10:30am (60mins)	Zumba Gold® 10:30am (60mins)	Power Vinyasa Flow Yoga 9:30am (60mins)	Power Play - Gym 10:00am (30mins)
Afternoon	Box & Burn 5:00pm (55mins)	Power Play - Gym 5:30pm (30mins)	Youth Burn 4:00pm (45mins)		Core Power - Gym 5:30pm (30mins)		
Evening	Pilates 6:00pm (55mins) Spinning® 6:00pm (60mins)	Spinning® 6:00pm (60mins)	Pilates 5:30pm (45mins) Muscle Max - Gym 5:30pm (45mins)	Hatha Vinyasa Yoga 5:45pm (60mins) Spinning® 6:00pm (60mins)			
Later	Hatha Yoga level 1 7:00pm (75mins)		Box & Burn 6:15pm (60mins)	Tabata - Gym 6:00pm (30mins)			

