

SUMMER TIMETABLE - Jordan Recreation & Onehunga War Memorial

OWMP
Classes in red

Jordan
Classes in green

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am	SPINNING (Julia)		SPINNING (Sharlene)		SPINNING (Sharlene)		
6.00am		SPINNING (Karen)	STRONG (Grace)	BOX 'N'BURN (Jo)	BODY BLAST (Karen)		
6.00am		RUNNING CLUB (Jo)					
6.00am	STRONG (Grace)	BOX 'N'BURN (Julia)	MUSCLE SCULPT (Karen)	SPINNING (Julia)			
7.30am						SPINNING (Sharlene)	
8.30am	YOGA (Sarah)						
9.30am					YOGALATES (Ingrid)	SPUMP	
9.30am		SPINNING (Annie)	PILATES (Annie)	YOGA (Kimberley)	BODY BLAST (Karen)	YOGA (Gemma) 90 mins	
9.45am	YOGA (Sarah)						
10.00am	NEVER 2 OLD	NEVER 2 OLD	NEVER 2 OLD	NEVER 2 OLD	NEVER 2 OLD		
10.15am	ZUMBA GOLD (Tania)			ZUMBA GOLD (Tania)			
10.30am		AQUA FIT (Nicola)	AQUA FIT (Jo) 45 mins		AQUA FIT (Nicola)		
11.00am							
12.00pm							KICK BOXING (Clark)
1.00pm							AQUA ZUMBA starts 19 th feb
2.00pm							
4.00pm							YOGA (Gemma) 90 mins
5.15pm	SPINNING (Jo)	SPINNING (Sharlene)					
5.30pm	STEP (Tania)			SPINNING (Sharlene)			
6.00pm	ZUMBA (Marisol)	ZUMBA (Grace)		MUSCLE SCULPT (Tania)			
6.00pm		YOGA (Dina) @ 6.15 pm 75 mins	BOX n BURN (Caty)	YOGA (Kimberley)			
6.30pm	MUSCLE SCULPT (Tania)						
7.15pm							
7.15pm	PILATES (Caty)		PILATES (Caty)				

Box & Burn: Box & Burn is a high energy class focusing on boxing technique and strength drills. Supported with great music, you will be doing strength exercises to sparring with gloves and pads included.

Muscle Sculpt: Muscle Sculpt uses a variety of weight bearing and body weight exercises to sculpt your body shape. The focus of the class is on high repetition movements with low weight loads to sculpt your muscles faster.

Pilates: Pilates emphasises the balanced development of the body through core strength, controlled breathing, flexibility and awareness in order to support efficient, graceful movement.

Yoga: Yoga is best known as a spiritual, mental and physical discipline that originates from India. Develop your strength and flexibility whilst focusing on breath control and relaxation.

Zumba®: Zumba® combines Latin rhythms with easy to follow moves creating dynamic dance based exercise.

Spinning®: Spinning® is the original indoor cycling experience. This is a high energy class that will see you doing anything from endurance, strength or sprint exercises.

Step Power: Step Power takes Step Moves to another level with high and low intensity patterns. Movements are often more athletic with simpler choreography, perfect for burning fat and toning up.

Never2Old®: never2old® is a gym based programme for over 60's Focusing on functional easy to follow exercises designed to support an independent lifestyle. The programme offers modified sports, social activities and outdoor challenges all for New Zealand's older adults.

Aqua Fit: Aqua Fit is a pool based class designed to reduce pressure on joints providing a low impact workout.

Body Blast: Body Blast is a mixture of cardio and resistance exercise to energising music, ensuring you get a full body workout.

SPUMP: An entire body workout with a combination of high energy cardio indoor cycling then weight training to increase strength, bone density & muscle mass. The best of both worlds and the full body workout you've been looking for.

Jump Start: Jump Start is a 10 week Diabetes management programme designed for pre-diabetes, Type 1, Type 2 and gestational diabetes. You will gain knowledge and confidence in how to make better lifestyle changes to manage diabetes.

Aqua Zumba: Aqua Zumba is an energetic, pool based class designed for low impact movements while doing your favourite Zumba moves.

Zumba Gold®: Zumba Gold® combines Latin rhythms with easy to follow moves designed specifically for seniors or beginners creating fun, dynamic dance based exercise.

Kick Box: Kick Box is an energising boxing class designed to make your muscles burn. Using combinations of punches, kicks and drills you will work the whole body in a high energy workout and is suitable for all fitness levels.

STRONG by Zumba®: A combination of Latin rhythms, bodyweight exercises and dynamic movements give you a full body cardio, resistance and endurance workout.

Onehunga War Memorial Pool Small Group Training

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am	BURN (Meng)	AB BLAST (Nick)	POWERPLAY (Jo)	AB BLAST (Julia)	BURN (Julia)		
6.00am							
9.30am		PRAM CAMP (Julia)				POWERPLAY (Clark)	
10.00am							
10.45am	EASY GREEN (Sophie)						
11.00am				PRAM CAMP (Jo)			
2.30pm							
3-5.00pm		YOUTH ZONE		YOUTH ZONE			
4.00pm	K-CLUB (Daniel + Clark)		K- CLUB (Daniel + Julia)		K -CLUB (Daniel)		
5.30pm							
6.30pm	EXPRESS BOX (Clark)	BURN (Daniel)		BURN (Julia)		*All classes are 30mins in durations	

K-Club: Fun, functional and energetic exercise experience for kids ages 5-12 years.

Express Box: A boxing- style workout, this program combines the best of impact and cardio training. You'll learn new skills and moves, improve coordination and enjoy getting fit with the support of a friendly and encouraging group.

Pram Camp: Bring your little ones along and socialize with other parents, build your stamina and strength. Using body weight and core strength exercises it is the perfect way to get you fit and healthy.

Easy Green: A class designed for those on a Green Prescription membership, an entry-level class to support you in your journey towards a healthy life.

Youth Zone: This after school program allows the teens to use our facilities under the guidance of our fitness team.

Burn/ Power Play/ Ab Blast: Enjoy various functional circuits focusing on different areas. Work hard, feel the burn and see the results.