

Jordan Recreation & Onehunga War Memorial Pools

OWMP
Classes in yellow

Jordan
Classes in green

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am	SPINNING (Alenka)		SPINNING (Ellie)		SPINNING (Sharlene)		
6.00am		SPINNING (Karen)	STEP (Tania)	BOX 'N'BURN (Jo)	MUSCLE SCULPT (Ellie)		
6.00am	MUSCLE SCULPT (Karen)	BOX 'N'BURN (David)	MUSCLE SCULPT (Karen)	SPINNING (Ellie)			
7.30am						SPINNING (Ellie)	
9.00am							
9.30am						JUMPSTART	
9.30am	YOGA (Sarah)	SPINNING (Annie)	PILATES (Annie)	YOGA (Kimberley)	BODY BLAST (Karen)	YOGA (Gemma) 90 mins	
9.30am	JUMPSTART					SPUMP	
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	JUMPSTART	AQUA FIT (Nicola)			AQUA FIT (Nicola)	JUMPSTART	
12.00pm							KICK BOXING (Clark)
12.30pm							AQUA ZUMBA (Michaela)
2.00pm							
4.00pm							YOGA (Gemma) 90 mins
5.15pm	SPINNING (Jo)	SPINNING (Sharlene)					
5.30pm	BOX 'N' BURN (Henry)			SPINNING (Sharlene)			
6.00pm	ZUMBA (Flora)	ZUMBA (Grace)	ZUMBA (Flora)	MUSCLE SCULPT (Tania)			
6.00pm				YOGA (Kimberley)			
6.30pm	MUSCLE SCULPT (Tania)						
7.15pm		AQUA ZUMBA (Marisol)		AQUA ZUMBA (Marisol)			
7.15pm	PILATES (Caty)	YOGA (Tracy) 90 mins	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 over 60's focus on functional easy to follow exercises designed to 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.