

### SPIN

Spin is the original indoor cycling experience. This is a high energy cardio based workout.

### SPIN FUSION

A mixture of high energy indoor cycling followed by weight training to increase strength and muscle mass.

### MUSCLE SCULPT

Using a variety of weight bearing and body weight exercises. High repetition movements to sculpt your muscles faster.

### BODY BLAST

A mixture of cardio and resistance exercises to energizing music, ensuring a full body workout.

### STEP

High and low intensity patterns. Movements are often athletic with simpler choreography, perfect for burning fat and toning up

### BOX N BURN

Focuses on boxing techniques and strength drills. Supported with music, involves bag and pad work.

### ACTIVATE

Low intensity class involving light weight and movements to strengthen and tone.

### ZUMBA

Combines Latin rhythms with easy to follow moves creating dynamic dance based exercises.

### ZUMBA GOLD

Designed for beginners and seniors, it combines Latin rhythms with easy to follow dynamic moves

### YOGA

A spiritual, mental and physical discipline that originates from India. Develop strength and flexibility and mental awareness.

### PILATES

Emphasizes the balanced development of the body through core strength, controlled breathing, flexibility and awareness.

### TAI CHI

This class focuses on gentle and flowing movements. This is a relaxing workout that will make you feel calm and energized.

### Y- GOLD

A gym based programme designed for over 60's. Focusing on functional easy to follow gym exercises designed to support independence.

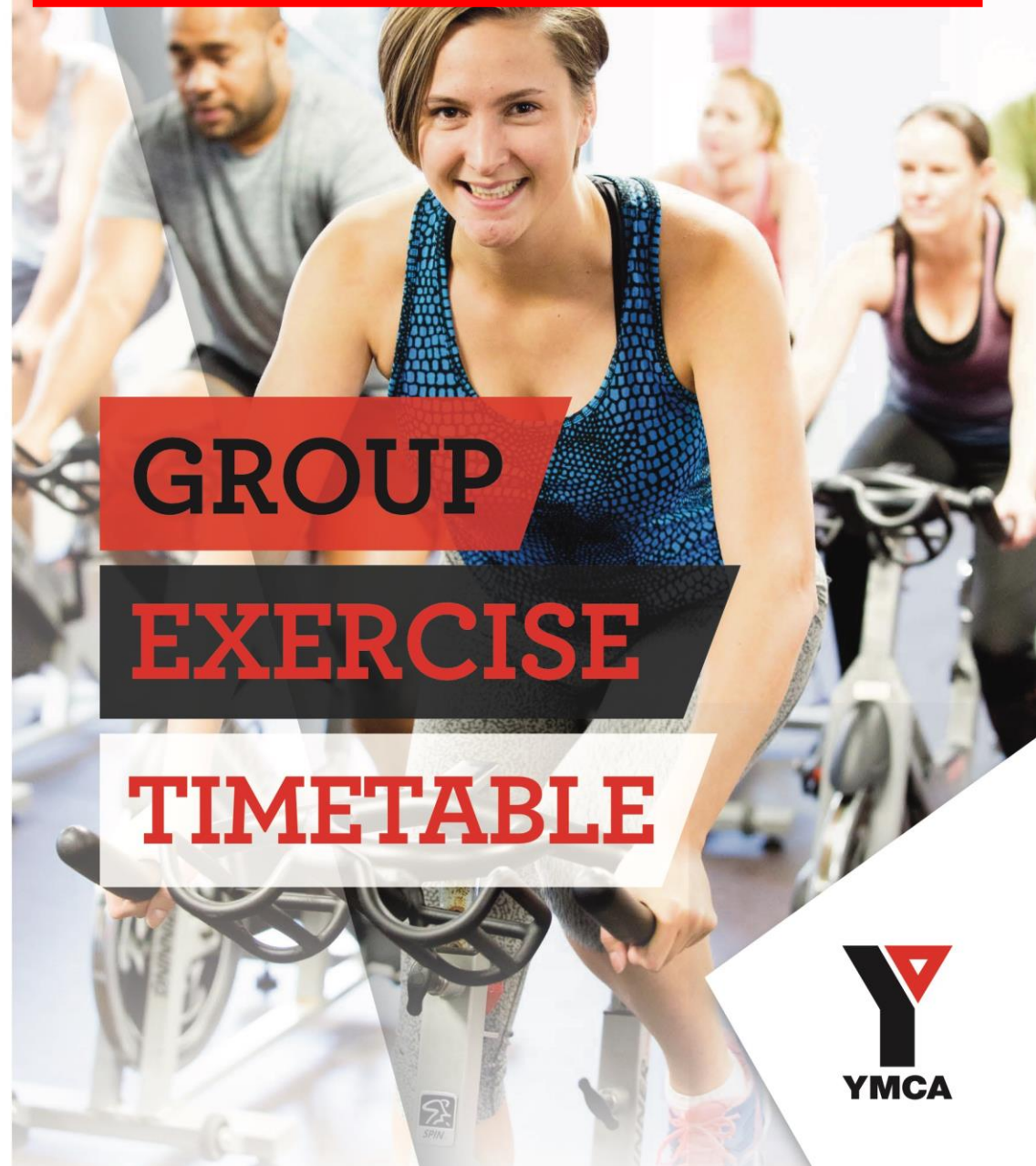
### AQUA FIT

A pool based class designed to reduce pressure on joints, providing a low impact workout.



# Holiday Timetable

(Onehunga Pool Closure) October 1<sup>st</sup> – October 14<sup>th</sup>



**GROUP**

**EXERCISE**

**TIMETABLE**



# Onehunga

# Spring 2018

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Early Morning</b>	5:30 – SPIN (Sharlene) 6:00 – HIIT (Kristel)  5:30 – BURN SGT	5:30 – SPIN (Leith) 6:00 – SPIN FUSION (Karen) 6:00 – BOX N BURN (Lance)  5:30 – BURN SGT	5:30 – SPIN (Ellie) 6:00 – MUSCLE SCULPT (Karen)  5:30 BURN SGT	5:30 – SPIN (Ellie) 6:00 – SPIN FUSION (Karen) 6:00 – BOX N BURN (Lance)  5:30 – BURN SGT	5:30 – SPIN (Sharlene) 6:00 – BODYBLAST (Karen)  5:30 – BURN SGT	7:30 – SPIN (Ellie)   9:30 – BURN SGT	
<b>Mid Morning</b>	9:00 – YOGA (Kimberly)  10:00 – ACTIVATE (Tania) 10:00 – Y- GOLD	9:30 – SPIN (Annie) 9:30 – PRAMCAMP (SGT)  10:00 – Y- GOLD	9:00 – PILATES (Annie)  10:00 – ACTIVATE (Tania) 10:00 – Y- GOLD	9:00 - Yoga (Kimberley)  10:00 – ZUMBA GOLD (Tania) 10:00 – Y- GOLD	8:30 – PILATES (Ingrid) 9:30 – BODYBLAST (Karen) 10:30 – TAI CHI (Orlando) 10:00 – Y- GOLD	8:30 – SPIN (Rocky)  10am - YOGA (Cheryl) (90 mins)	10:00 – BOX EXPRESS
<b>Lunch</b>		10:30 – AQUA FIT (Nicola) <b>CANCELLED</b>	10:30 – AQUAFIT (Ozen) <b>CANCELLED</b>	11:00 – PRAM CAMP (SGT)	10:30 – AQUA FIT (Nicola) <b>CANCELLED</b>		1:15 – AQUA ZUMBA (Marisol) <b>CANCELLED</b>
<b>Evening</b>	5:15 – SPIN (Julia) 6:15 – SPIN (Rocky) 4:00 – YOUTH BURN (17yrs & under only) 5:30 – STEP (Lance)	5:15 – SPIN (Rocky) 6:15 – SPIN (Rocky)  5:30 – ZUMBA (Grace)	6:00 – SPIN (Rocky)  6:00 – BOX N BURN (WOMEN ONLY) (Caty)	5:30 – SPIN (Rocky)  6:00 – STEP N SCULPT FUSION (Amanda)	<div style="border: 2px solid black; background-color: yellow; padding: 5px;"> <p><b>Due to construction work at Onehunga Pool the Group Ex Room and indoor pool are closed. Classes will return to normal on the 15<sup>th</sup> October.</b></p> <p>-Classes in Red have been cancelled during the holidays. -Classes in Yellow have been moved to Jordan Rec.</p> <p>We apologise for any inconvenience during this time.</p> </div>		2:30 – YIN YOGA (Gemma) (90 mins)
<b>Late Evening</b>	5:45 – BURN SGT 6:30 – AB BLAST 6:30 – MUSCLE SCULPT (Tania) 7:30 – PILATES (Caty)	5:45 – BURN SGT 6:30 – BOX EXPRESS  6:00 – YOGA (Kirsty) <b>CANCELLED</b> 6:30 – BOX N BURN (Dave)	5:45 – BURN SGT 6:30 – TABATA STRONG  7:15 – PILATES (Caty)	6:30 – BURN SGT  7:00 - YOGA (Sarah)			

**KEY**

Onehunga War Memorial Pool

Jordan Recreation Centre

SGT (Small Group Training = 30 minutes on the gym floor)

Visit our website for class descriptions [www.ymcauckland.org.nz](http://www.ymcauckland.org.nz)