



# Summer Timetable

# North Shore

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning	<p>6:30am - 45 mins <b>BURN 45</b></p> <p>6:30am PILATES with Olga</p>		<p>6:30am - 45 mins <b>BURN 45</b></p> <p>6:30am - 60 mins HATHA YOGA with Renee</p>		<p>6:30am - 45 mins <b>BURN 45</b></p>	<p>8:30am - 45 mins <b>STRENGTH</b></p>	
Mid Morning	<p>9:30am - 60 mins HATHA YOGA with Gemma</p> <p>10:30am - 60 mins GOLD-FIT with Steve</p>	<p>9:30am - 60 mins ZUMBA with Grace</p> <p>10:30am - 60 mins ZUMBA GOLD with Grace</p>	<p>9:30am - 60 mins MUSCLE SCULPT with Steve</p>	<p>9:30am - 45 mins SPIN EXPRESS with Steve</p> <p>9:30am - 60 mins HATHA YOGA with Renee</p> <p>10:30am - 60 mins DANCE GOLD with Tracy</p>	<p>8:30am - 60 mins GOLD-FIT with Steve</p> <p>9:30am - 60 mins MUSCLE SCULPT with Steve</p>	<p>8:30am - 60 mins STRETCH with Claudia</p> <p>9:30am - 45 mins SPIN EXPRESS with Sharlene</p>	<p>9:30am - 75 mins YIN YOGA with Gemma</p>
Lunchtime	<p>1:00pm - 60 mins MOVEMENT THERAPY with Brenda</p>				<p>1:00pm - 60 mins MOVEMENT THERAPY with Brenda</p>		
Evening	<p>6:00pm - 60 mins BOX &amp; BURN with Gareth</p>	<p>5:45pm - 45 mins TABATA with Tracy</p>	<p>6:00pm - 60 mins BOX &amp; BURN with Gareth</p>	<p>4:00pm - 60 mins <b>YOUTH BURN</b></p> <p>5:45pm - 45 mins <b>BURN 45</b></p>			
Late Evening	<p>6:30pm - 45 mins <b>BURN 45</b></p>	<p>6:30pm - 60 mins HATHA YOGA with Gemma</p>		<p>6:30pm - 60 mins PILATES with Olga</p>			

5 Akoranga Drive  
(09) 4807099

Classes in RED are Gym Based  
All other classes are in the GX Studio / Spin Studio

Center opening times  
Mon-Fri: 5:30am to 10:00pm Sat-Sun: 7:30am to 6:00pm

# Class Descriptions

# North Shore

## Hatha Yoga

Melt stress away with this classical yoga class and improve your strength, balance, flexibility and co-ordination.

## Box & Burn

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.

## Burn 45

Burn 45 has a variety of workouts all packed into a convenient 45 minutes. Each day will have a different focus ranging from strength/tone & fitness to core & circuit based workouts. No day will be the same! If you like variety & to be pushed this is the class for you.

## Spin Express

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.

## Strength

Want to lift heavy but not sure where to start? This is the class for you. Our resident strength coach will put you through your paces with compound lifts & techniques. All levels catered for.

## Pilates

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 & Zumba Gold

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 will be coming back for more!

## Muscle Sculpt

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.

## Gold Fit

Gold-fit is perfect for aging adults. Set in a private room with a specialist trainer you will receive the best possible treatment in a fun, social environment. Classes involve balance, strength, aerobic fitness, and core exercises. Beginner and advanced classes available.

## Yin Yoga

mindful and slow yoga that helps strengthen fascia, joints, and ligaments. There are props in this class to help with poses.

## Stretch

Stretch & loosen up those aching muscles. This class is a great way to unwind at the end of the week & prepare you for the weekend/week ahead. This class is dedicated to improving flexibility through stretching & foam rolling techniques.

## Tabata

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

## Youth Burn

Youth structured workout on Thursday at 4 pm for ages 13-18 years old. Limited spaces are available. This is a free class for all youth. No membership required. New members will have a 1-hour induction & each workout thereafter is supervised by one of our REPS registered trainers.

## Movement Therapy

Seniors focused class that helps with mobility, balance, and coordination. It also helps with heart health and wellbeing. This is a very popular social class. Spaces are limited!