



September

Timetable

YMCA North Shore

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|--|--|---|--|--|---|--|
| Early Morning | 6:15am - 30 mins CORE | 6:15am - 30 mins HIIT | 6:15am - 30 mins RESIST IT | 6:15am - 30 mins CORE | 6:15am - 30 mins HIIT 8:30am - 60 mins GOLD-FIT with Steve | | |
| Mid Morning | 9:30am - 60 mins HATHA YOGA with Victoria 10:30am - 60 mins GOLD-FIT with Steve | 9:30am - 45 mins CORE POWER with Janete 10:30am - 60 mins ZUMBA with Janete | 9:30am - 60 mins MUSCLE SCULPT with Steve 9:30am - 45 mins SPIN with Jas | 9:30am - 60 mins PILATES with Jenny 10:30am - 60 mins DANCE GOLD with Tracy | 9:30am - 60 mins MUSCLE SCULPT with Steve 10:30am - 60 mins YOGA with Irina | 9:00am - 30 mins HIIT 8:15am - 45 mins STRETCH with Irina | 9:00am - 30 mins CORE 9:30am - 60 mins YOGA with Irina |
| Lunchtime | 1:00pm - 60 mins MOVEMENT THERAPY with Brenda | | | | | 1:00pm - 30 mins HIIT | 1:00pm - 30 mins HIIT |
| Afternoon | 5:30pm - 30 mins CORE 6:00pm - 60 mins BOX & BURN with Sharon | 5:30pm - 30 mins CORE 6:00pm - 60 mins HIIT with Tracy | 5:30pm - 30 mins CORE 6:00pm - 60 mins HIIT with Tracy | 4:00pm - 45 mins YOUTH BURN 5:30pm - 30 mins CORE | 5:30pm - 30 mins CORE | 4:00pm - 30 mins CORE | 4:00pm - 30 mins CORE |
| Evening | 7:00pm - 60 mins PILATES with Janete | 7:00pm - 60 mins HATHA YOGA with Irina | | 6:30pm - 60 mins PILATES with Olga 7:30pm - 60 mins ZUMBA with Olga | | | |

5 Akoranga Drive
(09) 4807099

Classes in RED can be Gym based. Dependent on attendance.
All other classes are in the GRX Studio or Spin Studio.

Centre opening times
Mon-Fri: 5:30am to 9:00pm / Sat to Sun: 7:30am to 5:00pm

Class Descriptions

YMCA 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.

Resist IT

30 minutes of Resistance focused Interval Training - designed to increase muscle strength and tone. Dumbbells, Kettlebells, Power Bags, machines, bodyweight... everything is on the table in this workout! All levels catered for.

Spin

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.

Core Power

The perfect class to flatten your stomach. You will work all areas of the core and build a bulletproof core leading to many benefits such as a stronger, healthier back and 6 pack abs.

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

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.

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.

Core

A 30 min core intensive class run in the gym. A variety of core-focused exercises (with and without equipment) will build strength and endurance, leading to greater support of the spine, improved balance and better performance in your chosen sport or recreational activities.

Stretch

Stretch & loosen up those aching muscles. This class is a great way to un-wind 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.

HIIT

The original high-intensity workout! Developed to get quick results. This class uses bars, Kettlebells, Steps, and bodyweight movements in a timed workout to give you all-around tone and fitness results. All fitness levels are catered for.

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.

Movement Therapy

Entry level 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, perfect for older who are new to exercise or are recovering from illness.

Dance Gold

MOVE & GROOVE your way to a healthy heart and body! Dance Gold is a fun, social way to improve fitness, agility and balance for older and deconditioned adults.

5 Akoranga Drive, Northcote
(09) 480 7099 / northshore@ymcauckland.org.nz

