Yoga:

Develop your strength and flexibility whilst focusing on breathing and relaxation techniques

Spinning:

Box & Burn:

cardio drills

High-energy class

focusing on boxing

technique, speed and

High-energy class that will see you doing anything from endurance, strength or sprint exercises on a spin bike

Muscle Max:

Weight training class designed to increase strength, bone density and muscle mass across the entire body

Gold Fit:

Gym based class for the over 60's focusing on functional exercises to support an active independent lifestyle

Pilates:

Focus on balanced full bodywork through core strength, controlled breathing, flexibility and body awareness

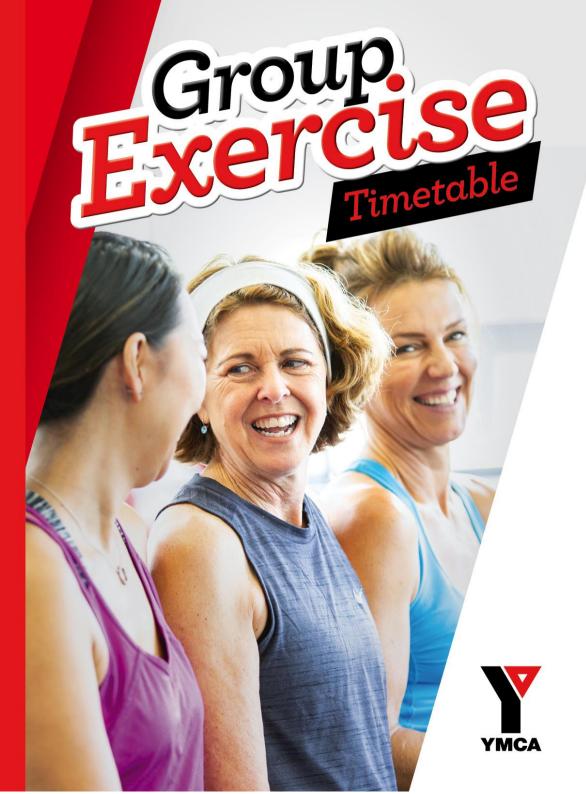
Fit in 30 Circuit training:

30 minute class that combines a variety of exercises to challenge you and fit into your daily routine.

YMCA Lynfield Youth and Leisure Centre

P: 09 6271642

 ${\sf E:lynfield@ymcaauckland.org.nz}$



Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	Fit in 30 7:00 AM Fitness Trainer Fit in 30 9:15 AM Fitness Trainer	Fit in 30 7:00 AM Fitness Trainer Fit in 30 9:15 AM Fitness Trainer	Fit in 30 7:00 AM Fitness Trainer Fit in 30 9:15 AM Fitness Trainer	Fit in 30 7:00 AM Fitness Trainer Fit in 30 9:15 AM Fitness Trainer		Box & Burn 8:00 AM Scott	
Mid Morning		Yoga 9:45 AM Dianne	Yoga 10:00 AM Dianne		Yoga 9:15 AM Dianne	Muscle Max 9:00 AM Sharon	
Lunch		Gold Fit 11:00 AM Nina & Annie	Gold Fit 11:15 AM Nina		Gold Fit 11:00 AM Nina & Annie		
Evening	Muscle Max 6:00 PM Nicola Spinning 6:00 PM Annie	Pilates 6:00 PM Jenny	Box & Burn 6:00 PM Scott	Muscle Max 6:00 PM Jenny			
Late Evening	Yoga 7:00 PM Dianne		Yoga 7:00 PM Dianne	Pilates 7:00 PM Jenny			

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