

# Group Exercise

## Timetable

### 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 MAX

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

### STEP POWER

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

### BODY BLAST

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

### BOX N BURN

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

### ZUMBA

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

### 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.

### BURN 45

Feel the BURN with this 45 minute high intensity interval training(HIIT) circuit.

### AQUA FIT

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

### GOLD FIT

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

### ACTIVATE

Low intensity class involving light weights and cardio exercise to improve fitness, strengthen and tone.

### ZUMBA GOLD

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

### TAI CHI

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

### Jordan Recreation Centre

Mon – Fri 6am – 8:30pm  
Sat 8am – 4pm  
Sun 9am – 4pm

### Onehunga War Memorial Pool

Mon – Fri 5:15am – 9pm  
Sat & Sun 7:00am – 7pm



# Onehunga

## KEY

Located at Onehunga War Memorial Pool

Located at Jordan Recreation Centre

GOLD FIT – Senior Classes at Jordan Recreation Centre

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	5:30 – SPIN (Sharlene – 45 – Spin Studio)	5:30 – SPIN (Rocky – 45 – Spin Studio)	5:30 – SPIN (Ellie – 45 – Spin Studio)	5:30 – SPIN (Ellie – 45 – Spin Studio)	5:30 – SPIN (Sharlene – 45 – Spin Studio)	7:30 – SPIN (Ellie – 60 – Spin Studio)	
	5:30 – BURN 45 (Tomas – 45 – Gym Floor)	6:00 – BOX N BURN (George – 60 – Gym Floor)	5:30 – BURN 45 (Tomas – 45 – Gym Floor)	6:00 – BOX N BURN (Julia – 60 – Gym Floor)	5:30 – BURN 45 (Trainer – 45 – Gym Floor)		
		6:00 – SPIN FUSION (Karen – 60 – Jordan Rec)	6:00 – MUSCLE MAX (Karen – 60 – Group Ex Studio)	6:00 – SPIN FUSION (Karen – 60 – Jordan Rec)	6:00 – BODY BLAST (Karen – 60 – Group Ex Studio)	8:30 – SPIN (Rocky – 60 Jordan Rec)	
Mid Morning	9:30 – YOGA (Diane – 60 – Group Ex Studio)	9:30 – SPIN (Annie – 45 – Spin studio)	9:30 – PILATES (Annie – 60 – Group Ex Studio)	8:30 – YOGA (Kim – 60 – Group Ex Studio)		9:30 – BURN 45 (Mohammed – 45 – Gym Floor)	
		10:30 – AQUA FIT (Nicola – 60 – Main Pool)	10:30 – AQUAFIT (Sharon – 60 – Main Pool)	9:45 – YOGA (Kim – 60 – Group Ex Studio)	9:30 – PILATES (TBC – 60 Group Ex Studio)		10:00 – BURN 45 (George – 45 – Gym Floor)
	10:00 – ACTIVATE (Tania – 60 – Jordan Rec)	11:00 – PRAMCAMP (Julia – 45 – Gym Floor)		11:00 – PRAM CAMP (Kane – 45 – Gym Floor)	10:30 – AQUA FIT (Nicola – 60 – Main Pool)		
		10:15 – CIRCUIT (Julia – 30 – Jordan Rec)	10:00 – ACTIVATE (Tania – 60 – Jordan Rec)	10:00 – GOLD FIT DANCE (Tania – 45 – Jordan Rec)	10:30 – TAI CHI (Orlando – 60 – Jordan Rec)		
OWMP EVENING	5:15 – SPIN (Julia – 45 – Spin Studio)	5:15 – SPIN (Rocky – 45 – Spin Studio)	5:30 – BURN 45 (George – 45 – Gym floor)	5:15 – SPIN (Rocky – 45 – Spin Studio)	5:30 BURN 45 (Jimmy – 45 – Gym Floor)		
	5:30 – BURN 45 (Kane – 45 – Gym floor)	6:00 – YOGA (Nad'a – 60 – Group Ex Studio)		6:15 – YOGA (Sarah – 60 – Group Ex Studio)			3:00 – YIN YOGA (Gemma-90- Group Ex Studio)
	6:00 – SPIN (Rocky – 45 – Spin Studio)	6:00 – BURN 45 (Kane – 45 – Gym floor)	6:00 – SPIN (Leith – 45 – Spin Studio)	6:00 – BURN 45 (Jimmy – 45 – Gym floor)			
	7:15 – PILATES (Caty – 60 – Group Ex Studio)						
JORDAN EVENING	5:30 – STEP POWER (Ella 45 – Jordan Rec)	5:30 – ZUMBA (Grace – 60 – Jordan Rec)	6:00 – MUSCLE MAX (Caty – 60 – Jordan Rec)	6:00 – LADIES BOXING (Caty – 60 – Jordan Rec)			
	6:30 – BOX N BURN (Dave – 60 – Jordan Rec)	6:30 – BURN 45 (George – 45 – Jordan Rec)	7:15 – PILATES (Caty – 45 – Jordan Rec)	7:00 – STRETCH N FLEX (Kane – 30 – Jordan Rec)			