

- Classes have limited numbers, please book your spot
- Remember to bring a water bottle and a sweat towel
- Please wipe all equipment after use with the products provided



Onehunga War Memorial Pool
1 Park Gardens, Onehunga, Auckland, 1061
09 634 3748
onehungapool@ymcaauckland.org.nz

Sir William Jordan Recreation Centre
5 Pearce Street, Onehunga, Auckland, 1061
09 636 8825
jordan@ymcaauckland.org.nz



GROUP EXERCISE TIMETABLE

Class key

Cycle · Mind/body · Strength · Fitness
Aqua · Dance · Senior

Please visit ymcanorth.org.nz for class descriptions

ONEHUNGA WAR MEMORIAL POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5.30 SPIN - 45 MINS Sharlene | Spin Room	5.30 HIIT - 60 MINS Leith | Group Ex Room	5.30 SPIN - 45 MINS Ellie | Spin Room	5.30 SPIN FUSION - 45 MINS Sharlene I Spin Room	5.30 HIIT 45 - 45 MINS Sjaan | Gym Floor		
	6.30 HIIT 45 (Strength) - 45 MINS Sjaan | Gym Floor	6.00 BOXFIT - 60 MINS Sjaan | Gym Floor	6:00 MUSCLE MAX - 60 MINS Karen | Group Ex Room	6.00 BOX FIT - 60 MINS Paul | Gym Floor	5.30 SPIN - 45 MINS Sharlene | Spin Room	7.15 SPIN - 45 MINS Ellie | Spin Room	10.00 STRENGTH - 60 MINS Jason | Gym Floor
	8.00 GOLD FIT - 60 MINS Ellie | Gym Floor	8.15 YOGA - 60 MINS Dianne | Group Ex Room	8.30 TOTAL CORE - 45 MINS Paul | Gym Floor		6.15 MUSCLE MAX - 60 MINS Caty | Group Ex Room	8.10 SPIN - 45 MINS Tina | Spin Room	
	9:00 GOLD FIT - 60 MINS Ellie | Gym Floor	9.30 LADIES HIIT 45 - 45 MINS Sjaan | Gym Floor	9.00 PILATES - 60 MINS Annie | Group Ex Room	9.00 LADIES HIIT 45 - 45 MINS Wahabi | Gym Floor (Pram friendly)	7.30 PILATES - 60 MINS Ingrid | Group Ex Room	9.00 HIIT 45 - 45 MINS Nico | Gym floor	
	9.00 YOGA - 60 MINS Pegah | Group Ex Room	10.00 AQUA FIT - 60 MINS Rocky | Indoor Pool	9.30 HIIT 45 - 45 MINS Rachel | Gym Floor	9.30 YOGA - 60 MINS Dianne | Group Ex Room	8.00 GOLD FIT - 60 MINS Sjaan | Gym Floor		
	10.00 AQUA FIT - 60 MINS Rocky | Indoor Pool		10.00 AQUA FIT - 60 MINS Rocky | Indoor Pool	10.00 HIP MOBILITY - 50 MINS Paul | Gym Floor	8.30 PILATES - 60 MINS Ingrid | Group Ex Room		
	5.00 SPIN FUSION - 45 min Ellie | Spin & Group Ex Room		10.15 PILATES - 60 MINS Annie | Group Ex Room	12.30 AQUA GREEN - 60 MINS David | Indoor Pool	9.00 GOLD FIT - 60 MINS Sjaan | Gym Floor		
PM	5.30 PM HIIT 45 - 45 MINS Wahabi | Gym Floor	5.30 SPIN - 45 MINS Rachel I Spin Room	5.00 SPIN FUSION - 45 Mins Ellie | Spin & Group Ex Room	6.00 pm YOGA - 60 MINS Sarah | Group Ex Room	9.45 PILATES - 60 MINS Ingrid | Group Ex Room		4.00 YIN YOGA 90 - 90 MINS Tammy | Group Ex Room
	6.00 PM ZUMBA Holly | Group Ex Room	6.00 HIIT 45 - 45 MINS Wahabi | Gym Floor		7.00 AQUA FIT - 60 MINS Rocky | Indoor Pool	10.00 AQUA FIT - 60 MINS Ellie | Indoor Pool		
	7.00 PM AQUA FIT - 60 MINS David | Indoor Pool	6.00 PILATES - 60 MINS Caty | Group Ex Room	6.45 YOGA - 60 MINS Tammy | Group Ex Room		6.00 PILATES - 60 MINS Caty | Group Ex Room		

SIR WILLIAM JORDAN RECREATION CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6.15 HIIT 45 Jason | Group Ex Room	6.00 SPUMP Karen| Group Ex Room	7.00 YOGA Pegah | Group Ex Room	6.00 SPIN Karen | Group Ex Room	6.15 HIIT 45 Nico | Group Ex Room	8.30 SPIN Rocky | Group Ex Room	
	10.00 ACTIVATE Ngairene | Stadium	10.00 GOLD CIRCUIT Rachel | Group Ex Room	9.00 CIRCUIT Sjaan | Group Ex Room		9.00 ZUMBA GOLD Nupur | Stadium	9.30 STRONG START Sheyda | Gym Floor	
		10.50 GOLDFIT PILATES Ingrid | Group Ex Room	10.00 ACTIVATE Ngairene | Stadium	10.00 GOLD STRENGTH Rachel | Gym Floor	10.30 TAI CHI Orlando | Stadium		
		2.00 TAI CHI Orlando | Stadium		11.00 CHAIR YOGA Pegah | Group Ex Room			
PM		5.30 SPIN Rocky I Group Ex Room	5.00 BOX FIT Jason | Group Ex Room	5.30 PILATES Ingrid | Group Ex Room			
	6.00 HIIT 45 Nico | Group Ex Room	6.15 STRENGTH Julio | Gym Floor	6.00 MUSCLE MAX Caty | Group Ex Room		5.30 FUNCTIONAL FITNESS Julio | Group Ex Room		