

XPRESS FIT 30mins

This is our "get in and get out" workout for those with a busy schedule. Get ready to get sweaty!

Cardio & Strength

CORE POWER 30mins

Core power is a 30min core intensive session, focusing on butt, back and abs. A great way to improve stability.

Cardio & Strength

BURN 45mins

Short, sharp and effective! These classes are a 45min high intensity circuit workout delivered by our trainer of the day!

Cardio & Strength

ZUMBA 60mins

Combines fitness and movement inspired by Latin dance and music. A fast paced, fun and exciting way to burn those calories.

Cardio

BOX & BURN 45mins

Feel the burn with a high intensity boxing session. Pad work coupled with bodyweight exercises to take your fitness to another level.

Cardio

SPIN 60mins

A high intensity cycling session. Get in quick, these classes are popular and bikes fill up fast!

Cardio

BOLLY SCULPT 60mins

It is pump with a twist, to Bollywood music! Join Ella on Sunday mornings for this fun-filled class.

Cardio

AQUA FIT 60mins

A low impact aqua aerobics class that is green prescription approved for special populations.

Cardio

YOGA 60mins

The perfect way to farewell the day. Yoga is here for your peace of mind.

Flexibility

PILATES 60mins

Low impact flexibility, muscular strength and endurance movements. Emphasizes proper body alignment, core strength and balance.

Flexibility & Strength

LOW IMPACT AEROBICS 60mins

A class that incorporates a mix of seated exercises, strength and balance geared for seniors.

Targeted Health

BOLLY ROBIX 60mins

Aerobics to Bollywood music? A one of a kind class for our Cameron Pool & Leisure members.

Cardio

GOLD FIT 60mins

Our program for seniors. All participants set with an individualized program and guided by our Targeted Health Specialist.

Targeted Health

PUMP 60mins

Short, sharp and effective! These classes are a intensity muscle sculpt workout with a mix of compound and isolation movements.

Cardio & Strength

GYM PROGRAM

-Free for all fitness members
-Individualised program
-4-6 week reviews
-Book in at reception or with one of our trainers

Group Exercise Timetable



Cameron Pool

2023 Timetable

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	6am Burn Viola	6am Burn Braydon	6am Pilates Annie	6am Burn Viola	6am Box & Burn Charlotte		
Morning	9am Gold Fit Dianne	10am Low Impact Aerobics Evelyn	Zumba Gold Janine			9am Burn James	9am Bolly Sculpt Ella
Mid Morning	10.30am Aqua Fit Janine		10.30am Aqua Fit Janine		10.30am Aqua Fit Janine		10am Bolly Robix Ella
Afternoon		5.30pm Xpress Fit Viola	5.30pm Burn Viola	5.30pm Xpress Fit Braydon	5.30pm Burn Braydon		
Evening	6pm Spin Sharon	6pm Spin Annie	6pm Spin Rocky	6pm Spin Rocky			
Evening				6pm Pump Sharon			
Evening	7pm Zumba Ricky			7pm Yoga Dianne			
Evening							

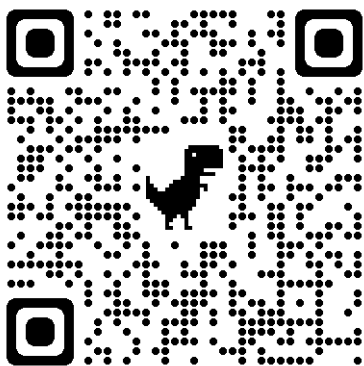
Group Fitness Notices

- All classes are run by booking request.
- Classes may have a different instructor due to different cover reasons.
- Please bring sweat towel and wipe all equip after use in class.

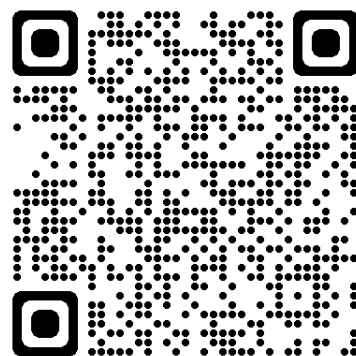
Booking Links

<https://calendly.com/ymcacameronpoolspin>
<https://calendly.com/ymcacameronpoolgroupx>

Contact us on **09 624 6058** or email
cameronpool@ymcauckland.org.nz



Spin



Group X