Scan the QR code to book your spot!

You can add the website directly on your home screen as an app icon, please see below for how to do it:

iPhone or iPad — Safari

1. Open Safari.
2. Go to the webpage you want to add.
3. Tap the Share button
4. Scroll down and tap Add to Home Screen.
5. Rename the shortcut if needed.
6. Tap Add.
7. The webpage icon will now appear on the Home Screen.

Android — Google Chrome

1. Open Chrome.
2. Go to the webpage you want to add.
3. Tap the three dots menu beside the address bar.
4. Tap Add to Home screen.
5. Choose or edit the shortcut name.
6. Tap Add.
7. Confirm by tapping Add again, if prompted.
8. The webpage shortcut will now appear on the Home Screen.

RE-FLEX
Improving strength, mobility, balance, and flexibility by bringing balance to your body, mind, and spirit. Combination of yoga, Pilates, stretching and Tai Chi.

YOGA
Bringing balance to your body, mind and spirit through the development of strength and flexibility combined with breath control and relaxation methods

MUSCLE MAX
Improves muscle tone, excellent for weight loss and increasing bone density

GOLD FIT
Designed specifically for older adults to help maintain functional movement and improve overall wellbeing

PILATES
Emphasises the balanced development of the body through core strength, controlled breathing, flexibility and awareness

ZUMBA GOLD
Same as Zumba but a lower impact class, great for beginners or seniors

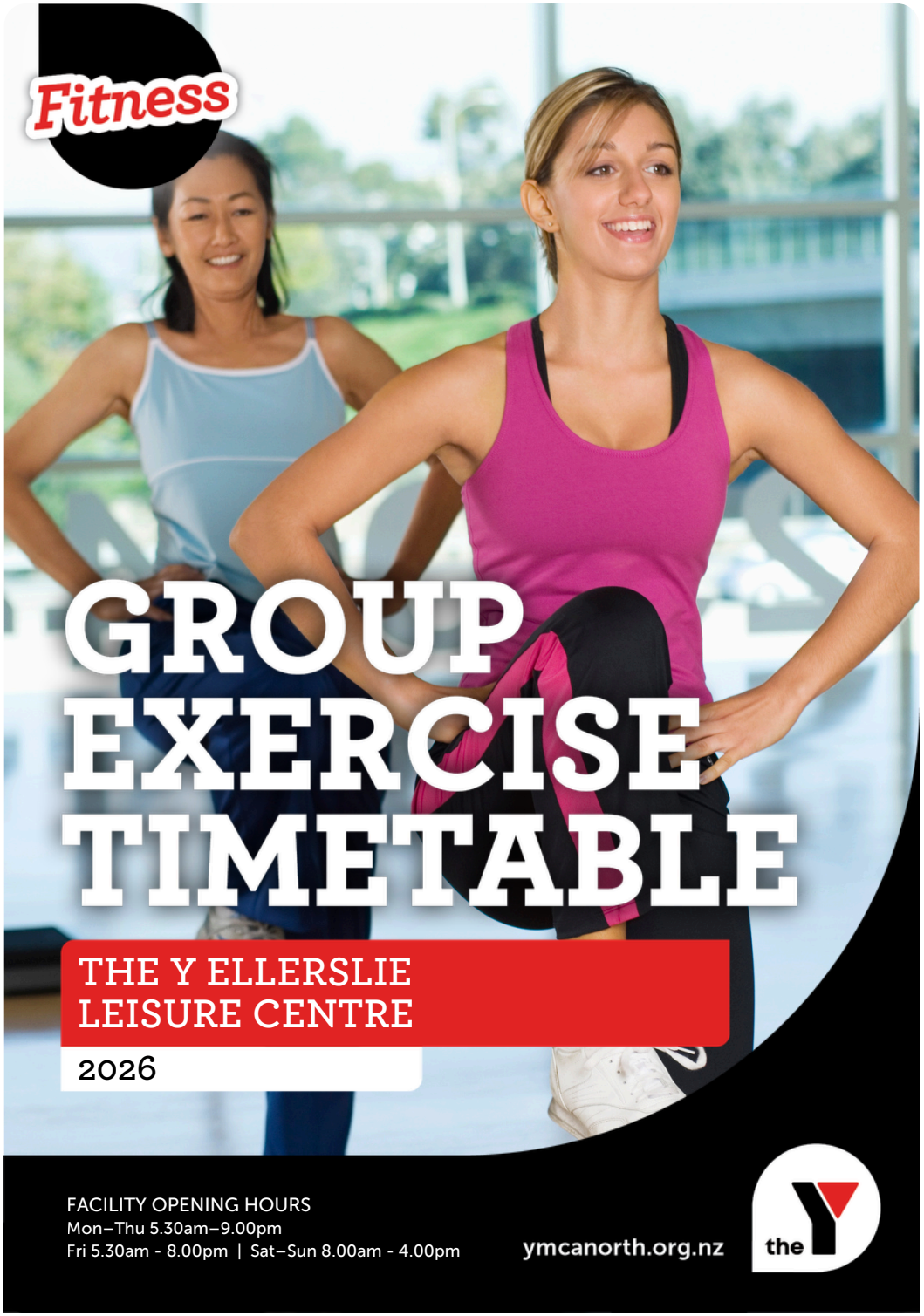
ACTIVATE
Total body, low impact class designed for older adults or beginners

SPIN
Indoor cycling that improves cardiovascular health, helps in weight loss and improves lower body muscle tone

ZUMBA
Combines Latin rhythms with easy-to-follow dynamic moves resulting in a fun and energizing experience

HIIT
Working big muscle groups with simple unchoreographed, high intensity interval training to get quick results

The Y Ellerslie Leisure Centre
46 Michaels Ave, Ellerslie, Auckland
ellerslie@ymcanorth.org.nz
09 579 4716



2026

GROUP EXERCISE TIMETABLE

Please visit ymcanorth.org.nz for class descriptions

Class key

- Cycle
- Mind/body
- Strength
- Fitness
- Aqua
- Dance
- Combat
- Senior

THE Y ELLERSLIE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
EARLY MORNING	6.00 SPIN Sarah / Group Ex Room	6.00 HIIT Duane / Group Ex Room	8.00 YOGA Dinny / Group Ex Room	6.00 HIIT Amelia / Group Ex Room		8.00 HIIT Caty / Group Ex Room	8.00 MUSCLE MAX Caty / Group Ex Room
LATE MORNING	9.15 YOGA Dinny / Group Ex Room 10.30 GOLDFIT Annie / Group Ex Room	9.00 MUSCLE MAX Karen / Group Ex Room 10.15 ZUMBA GOLD Jenny / Group Ex Room	9.30 ACTIVE Ingrid / Group Ex Room 10.45 PILATES Ingrid / Group Ex Room	9.15 ZUMBA Nupur / Group Ex Room 10.30 GOLDFIT Annie / Group Ex Room	9.00 MUSCLE MAX Dean / Group Ex Room 10.15 YOGA Dinny / Group Ex Room	9.30 PILATES Noa / Group Ex Room	9.00 PILATES Caty / Group Ex Room
AFTERNOON	12.00 TAI CHI Community Practice				12.00 TAI CHI Community Practice		
EVENING	6.00 HIIT Caty / Group Ex Room 7.00 ZUMBA Olga / Group Ex Room	6.00 HIIT Dean / Group Ex Room 7.00 RE-FLEX Dean / Group Ex Room	6.00 SPIN Sarah / Group Ex Room 7.00 RE-FLEX Dean / Group Ex Room	6.00 MUSCLE MAX Caty / Group Ex Room 7.00 PILATES Ingrid / Group Ex Room			