



- 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
- Classes may occasionally have a different instructor

#### 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

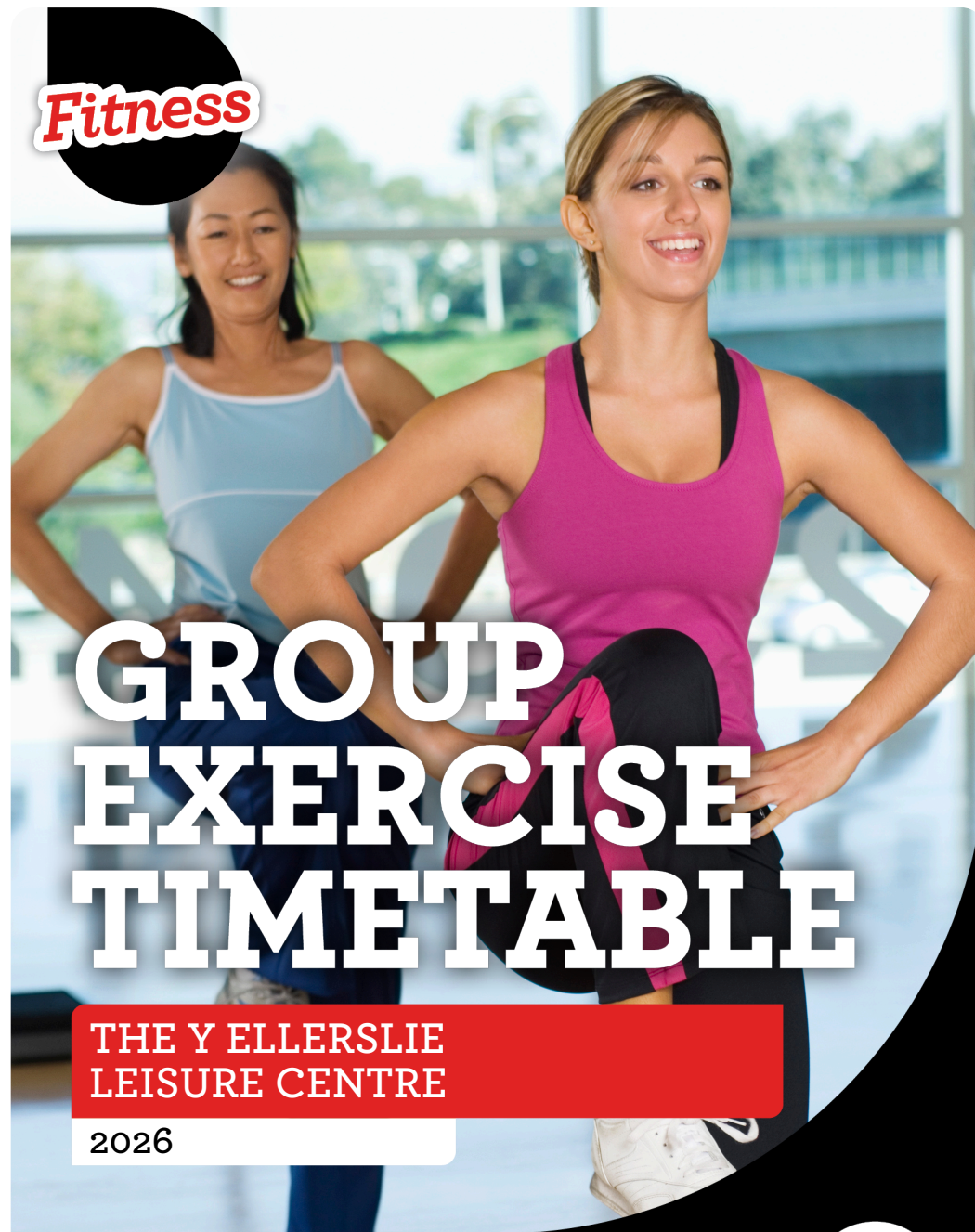
#### ZUMBA

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

**Fitness**



# GROUP EXERCISE TIMETABLE

**THE Y ELLERSLIE LEISURE CENTRE**

**2026**

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

FACILITY OPENING HOURS  
Mon–Thu 5.30am–9.00pm  
Fri 5.30am - 8.00pm | Sat–Sun 8.00am - 4.00pm

[ymcanorth.org.nz](http://ymcanorth.org.nz)



# SUMMER 2026 GROUP EXERCISE TIMETABLE

Please visit [ymcanorth.org.nz](http://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	<b>6.00 SPIN</b> Sarah / Group Ex Room	<b>6.00 HIIT</b> Duane / Group Ex Room	<b>6.00 BOX FIT</b> Duane / Group Ex Room	<b>6.00 HIIT</b> Duane / Group Ex Room			
			<b>8.00 YOGA</b> Dinny / Group Ex Room			<b>8.00 HIIT</b> Caty / Group Ex Room	<b>8.00 MUSCLE MAX</b> Caty / Group Ex Room
LATE MORNING	<b>9.15 YOGA</b> Dinny / Group Ex Room	<b>9.00 MUSCLE MAX</b> Karen / Group Ex Room		<b>9.15 ZUMBA</b> Nupur / Group Ex Room	<b>9.00 MUSCLE MAX</b> Dean / Group Ex Room		<b>9.00 PILATES</b> Caty / Group Ex Room
			<b>9.30 ACTIVE</b> Ingrid / Group Ex Room			<b>9.30 PILATES</b> Noa / Group Ex Room	
	<b>10.30 GOLDFIT</b> Annie / Group Ex Room	<b>10.00 ZUMBA GOLD</b> Sonya / Group Ex Room	<b>10.45 PILATES</b> Ingrid / Group Ex Room	<b>10.30 GOLDFIT</b> Annie / Group Ex Room	<b>10.15 YOGA</b> Dinny / Group Ex Room		
AFTERNOON	<b>12.00 TAI CHI</b> Community Practice				<b>12.00 TAI CHI</b> Community Practice		
EVENING	<b>6.00 HIIT</b> Caty / Group Ex Room	<b>6.00 HIIT</b> Dean / Group Ex Room	<b>6.00 SPIN</b> Sarah / Group Ex Room	<b>6.00 MUSCLE MAX</b> Caty / Group Ex Room			
	<b>7.00 ZUMBA</b> Olga / Group Ex Room	<b>7.00 RE-FLEX</b> Dean / Group Ex Room	<b>7.00 RE-FLEX</b> Dean / Group Ex Room	<b>7.00 PILATES</b> Ingrid / Group Ex Room			