

## CLASS BOOKINGS

Jordan: [calendly.com/ymcajordanrec](https://calendly.com/ymcajordanrec) OWMP: [calendly.com/ymcaonehunga](https://calendly.com/ymcaonehunga)

### 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.

# Group Exercise Timetable



**JANUARY 2023 SKELETON TIMETABLE**  
January 9<sup>th</sup>- February 6<sup>th</sup> 2023



# Onehunga

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                                     |
|--------------------------------|--|--|--|---|---|--|--|
| <b>Early Morning</b>           | 5:30 – SPIN<br>(Sharlene – 45- Spin room)<br><br>5:30 – BURN 30<br>(Ezra- 30- Gym Floor)<br><br>6:00 – BOX N BURN<br>(Ezra- 45- Gym Floor) | 6:30 – ZUU 45<br>(Junior – 45 – Gym Floor)<br><br>6:00 – SPIN<br>(Julia – 60 - Jordan Rec)   | 5:30 – SPIN<br>(Ellie – 45- Spin room)<br><br>6:00 – BOX N BURN<br>(Ezra – 60 - Gym Floor)<br><br>6:00 – MUSCLE SCULPT<br>(Ella – 45- Group Ex Room) | 6:00 – SPIN<br>(TBC – 60 - Jordan Rec)  | 5:30 – BURN 45<br>(Junior- 45- Gym Floor)<br><br>6:00 – EXTREME<br>HIP HOP STEP<br>(Junior– 60- Group ex room)  | 7:30 – SPIN<br>(Ellie – 60-Group Ex room)<br><br>9:30 – H.I.R.T 45<br>(Wahabi- 45- Gym Floor)<br><br>8:30 – SPIN<br>(Rocky – 60- Jordan Rec) | 9:00 – AB BLAST<br>(Sheyda- 30- Gym Floor) |
| <b>Mid Morning</b>             | 9:00 – GOLD FIT<br>(Ellie– 45-Gym Floor)<br><br>10:00– ACTIVATE<br>(Tania- 60- Jordan Rec)   | 10:00– AQUA FIT<br>(Sharon– 60-Pool)<br><br>11:15– PRAM CAMP<br>(Junior- 45- Gym Floor)<br><br>10:00– GOLD CIRCUIT<br>(Ezra- 30- Jordan Rec)<br><br>11:00 – PILATES<br>(Ingrid– 60- Stadium) | 9:00 – PILATES<br>(Annie– 60- Group Ex room)<br><br>10:00– AQUA FIT<br>(Sharon– 60-Pool)   | 9:30 – YOGA<br>(Dianne– 60- Group Ex room)<br><br>11:15– PRAM CAMP<br>(Julia- 45- Gym Floor)            | 8:30 – PILATES<br>(Ingrid– 60- Group Ex room)<br><br>9:00 – GOLD FIT<br>(Junior- 45-Gym Floor)<br><br>10:00– AQUA FIT<br>(Julia– 60-Pool)<br><br>10:30– Tai Chi<br>(Orlando- 60- Jordan Rec)<br>(starts 20 <sup>th</sup> Jan) |  |  |
| <b>OWMP Afternoon/ Evening</b> | 5:30 – BURN 45<br>(Naki – 45- Gym Floor)<br><br>6:00- ZUMBA<br>(Janine- 45- Group Ex room)<br><br>7:00 – AQUA ZUMBA<br>(Janine – 60-Pool)  | 12:15 – EXTREME HIP<br>HOP STEP<br>(Junior– 60- Group Ex Room)<br><br>6:00 – BURN 45<br>(Wahabi – 45- Gym Floor)<br><br>6:00 – PILATES<br>(Caty – 45-Group Ex room)                          | 5:30 – BURN 45<br>(Rob – 45 - Gym Floor)<br><br>6:00- ZUMBA<br>(Janine- 45- Group Ex room)   | 6:00 – BOX N BURN<br>(Rob – 45- Gym Floor)<br><br>7:00 – AQUA ZUMBA<br>(Janine – 60-Pool)               | 5:30 – BURN 45<br>(Sheyda – 45- Gym Floor)  |  | 4:00 – YOGA<br>(Suszi– 90- Group Ex Room)  |
| <b>Jordan Evening</b>          | 5:45 – STEP POWER<br>(Ella– 60 - Jordan Rec)   | 5:30 – SPIN<br>(Rocky– 45 - Jordan Rec)  | 6:00 – BOOTY BURN<br>(Caty – 45 - Jordan Rec)  | 5:00 – PILATES<br>(Ingrid – 45 - Jordan Rec)<br><br>6:00 – MUSCLE<br>SCULPT<br>(Caty – 45 - Jordan Rec) | 4:00 – Youth Boxing<br>(Ezra – 45 - Jordan Rec)<br><br>6:00 – BOX N BURN<br>(Ezra – 45 – Jordan Rec)  |  |  |