



Fitness

- ▶ Fully trained
- ▶ Highly experienced
- ▶ Range of times to suit you

SIGN UP TO
PERSONAL TRAINING
 One-on-one motivation to reach your goals
CHAT TO RECEPTION!

ymcanorth.org.nz 

- 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 provide



Fitness

- ▶ Set up your member portal log in on our website
- ▶ Receive live updates on class cancellations and more!

ONLINE BOOKING IS HERE!

Book your classes and guarantee your spot

ymcanorth.org.nz 

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

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



Fitness

GROUP EXERCISE TIMETABLE

THE Y ONEHUNGA, MEMORIAL POOL & JORDAN RECREATION

ymcanorth.org.nz 

GROUP EXERCISE TIMETABLE

Class key

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

Please visit ymcanorth.org.nz for class descriptions

THE Y ONEHUNGA WAR MEMORIAL POOL & SIR WILLIAM JORDAN (SWJ)							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5.30 SPIN - 45 MINS Sharlene Spin Room	5.30 YIN YANG - 60 MINS Leith Group Ex Room	5.30 SPIN - 45 MINS Ellie Spin Room	5.30 SPIN FUSION - 45 MINS Sharlene Spin Room	5.30 HIIT 45 - 45 MINS Sjaan Gym Floor		9.00 SPIN - 45 MINS Leith Spin Room
	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 Leith Spin Room	7.15 SPIN - 45 MINS Ellie Spin Room	10.00 STRENGTH - 60 MINS Jason Gym Floor
	8.00 & 9:00 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	
	9.30 YOGA - 60 MINS Ekta Group Ex Room	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	
	10.00 AQUA FIT - 60 MINS Rocky Indoor Pool	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	8.30 PILATES - 60 MINS Ingrid Group Ex Room		
	5.00 PM SPIN - 45 MINS Sharlene Spin Room		10.00 AQUA FIT - 60 MINS Rocky Indoor Pool	10.00 HIP MOBILITY - 50 MINS Paul Gym Floor	9.00 GOLD FIT - 60 MINS Sjaan Gym Floor		
5.30 PM HIIT 45 - 45 MINS Wahabi Gym Floor		10.15 PILATES - 60 MINS Annie Group Ex Room	12.30 AQUA GREEN - 60 MINS David Indoor Pool	9.45 PILATES - 60 MINS Ingrid Group Ex Room			
PM	6.00 PM ZUMBA - 45 MINS Sonia Group Ex Room	5.30 SPIN - 45 MINS Sharon Spin Room		5.30 POWER 20 - 60 MINS Nico Gym Floor	5.30 PILATES - 60 MINS Caty Gym Floor		4.00 YIN YOGA 90 - 90 MINS Ekta Group Ex Room
	7.00 PM AQUA FIT - 60 MINS David Indoor Pool	6.00 HIIT 45 - 45 MINS Wahabi Gym Floor	5.30 SPUMP - 45 MINS Sharon Spin & Group Ex Room	6.15 YOGA - 60 MINS Sarah Group Ex Room			
	7.00 PM PILATES - 45 MINS Tina Group Ex Room	6.00 PILATES - 60 MINS Caty Group Ex Room	6.45 YOGA - 45 MINS Sumana Group Ex Room	7.00 AQUA FIT - 60 MINS Rocky Indoor Pool			

THE Y 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		6.00 SPIN Karen Group Ex Room	6.15 HIIT 45 Nico Group Ex Room	8.30 SPIN Rocky Group Ex Room	
		10.00 GOLD CIRCUIT Rachel Group Ex Room	9.00 CIRCUIT Sjaan Group Ex Room		9.00 ZUMBA GOLD Nupur Group Ex Room	9.30 STRONG START Sheyda Gym Floor	
	10.00 ACTIVATE Ngairere Stadium	10.45 GOLD PILATES Ingrid Stadium	10.00 ACTIVATE Ngairere Stadium		10.30 TAI CHI Orlando Stadium		
PM		5.30 SPIN Rocky 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 Jason Gym Floor	6.00 MUSCLE MAX Caty Group Ex Room	6.30 IRON BUILT Julio Group Ex Room			