

**BOOK  
YOUR PLACE  
IN A CLASS  
HERE!**



Onehunga War  
Memorial Pool



Sir William Jordan  
Recreation

Scan the QR code to book online for our group fitness classes.

- 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



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



The Y Onehunga War Memorial Pool  
1 Park Gardens, Onehunga, Auckland, 1061  
09 634 3748  
[onehungapool@ymcauckland.org.nz](mailto:onehungapool@ymcauckland.org.nz)

The Y Sir William Jordan Recreation Centre  
5 Pearce Street, Onehunga, Auckland, 1061  
09 636 8825  
[jordan@ymcauckland.org.nz](mailto:jordan@ymcauckland.org.nz)

**Fitness**

# GROUP EXERCISE TIMETABLE

THE Y ONEHUNGA, MEMORIAL  
POOL & JORDAN RECREATION

AUTUMN 2023

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



# MARCH 2023 GROUP EXERCISE TIMETABLE

## Class key

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

Please visit [ymcanorth.org.nz](http://ymcanorth.org.nz) for class descriptions

THE Y ONEHUNGA WAR MEMORIAL POOL							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	<b>5.30 SPIN</b> Sharlene   Spin Room  <b>9.00 GOLD FIT</b> Ellie   Gym Floor	<b>5.30 HIIT 60</b> Leith   Group Ex Room  <b>6.30 ZUU</b> Junior   Gym Floor  <b>10.00 AQUA FIT</b> Sharon   Indoor Pool  <b>11.00 HIIT 45</b> Trainer   Gym Floor  <b>12.15PM XTREME HIP HOP STEP</b> Junior   Group Ex Room	<b>5.30 SPIN</b> Ellie   Spin Room  <b>5.30 HIIT 30</b> Rachel   Gym Floor  <b>6.00 MUSCLE MAX</b> Karen   Group Ex Room  <b>9.00 PILATES</b> Annie   Group Ex Room  <b>10.00 AQUA FIT</b> Julia   Indoor Pool  <b>10.15 PILATES</b> Annie   Group Ex Room	<b>6.00 BOX FIT</b> Julia   Gym Floor  <b>9.30 YOGA</b> Dianne   Group Ex Room  <b>9.30 PRAM CAMP</b> Julia   Gym Floor	<b>5.30 SPIN</b> Leith   Spin Room  <b>5.30 HIIT 30</b> Junior   Gym Floor  <b>6.00 XTREME HIP HOP STEP</b> Junior   Group Ex Room  <b>8.30 PILATES</b> Ingrid   Group Ex Room  <b>9.00 GOLD FIT</b> Junior   Gym Floor  <b>9.45 PILATES</b> Ingrid   Group Ex Room  <b>10.00 AQUA FIT</b> Sharon   Indoor Pool	<b>7.30 SPIN</b> Ellie   Spin Room  <b>9.30 HIIT 45</b> Nico   Gym Floor	
	<b>5.00PM SPIN</b> Julia   Spin Room  <b>5.30 HIIT 45</b> Wahabi   Gym Floor	<b>5.00 SPIN</b> Sharon   Spin Room <b>6 WEEK TRIAL</b>  <b>6.00 HIIT</b> Wahabi   Gym Floor  <b>6.00 PILATES</b> Caty   Group Ex Room	<b>5.30 HIIT 45</b> Nico   Gym Floor	<b>5.30 SPIN</b> Sharlene   Spin Room  <b>6.00 BOX FIT</b> Dan   Gym Floor  <b>6.15 YOGA</b> Sarah   Group Ex Room	<b>5.30 HIIT 45</b> Sheyda   Gym Floor		<b>4.00 YOGA</b> Suszi   Group Ex Room

THE Y SIR WILLIAM JORDAN RECREATION CENTRE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	<b>10.00 ACTIVATE</b> Tania   Stadium	<b>6.00 SPUMP</b> Karen   Group Ex Room  <b>10.00 GOLD CIRCUIT</b> Rachel   Group Ex Room  <b>11.00 PILATES</b> Ingrid   Stadium	<b>10.00 ACTIVATE</b> Tania   Stadium	<b>6.00 SPIN</b> Karen   Group Ex Room  <b>10.00 GOLD DANCE</b> Tania   Stadium	<b>10.30 TAI CHI</b> Orlando   Stadium	<b>8.30 SPIN</b> Rocky   Group Ex Room	
	<b>5.30 STEP POWER</b> Ella   Group Ex Room	<b>4.00 YOUTH FIT</b> Dan   Weights Room  <b>5.30 SPIN</b> Rocky   Group Ex Room	<b>6.00 BOOTY BURN</b> Caty   Group Ex Room	<b>5.00 PILATES</b> Ingrid   Group Ex Room  <b>6.00 MUSCLE MAX</b> Caty   Group Ex Room			