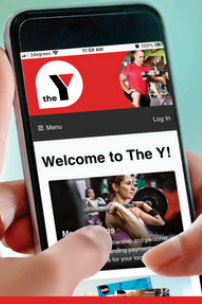


- Classes have limited numbers, please book your spot
- Remember to bring a water bottle and a sweat towel
- Please wipe all equipment after use with the products provide



Fitness

ONLINE BOOKING IS HERE!

Book your classes and guarantee your spot

ymcanorth.org.nz

▶ Set up your member portal log in on our website

▶ Receive live updates on class cancellations and more!

the Y

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

2025

ymcanorth.org.nz

the Y

2025

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 Sharlene Spin Room	5.30 HIIT YIN YANG Leith Group Ex Room	5.30 SPIN Ellie Spin Room	5.30 SPIN FUSION Sharlene Spin Room	5.30 SPIN Leith Spin Room		9.00 SPIN Leith Spin Room
	6.30 HIIT 45 (Strength) Sjaan Gym Floor	6.00 ZUU Junior Gym Floor	6.00 MUSCLE MAX Karen Group Ex Room	6.00 BOX FIT Julia Gym Floor	5.30 HIIT 30 Sjaan Gym Floor	7.15 SPIN Ellie Spin Room	
	9.00 GOLD FIT Ellie Gym Floor		8.30 TOTAL CORE Paul Gym Floor		6.00 XTREME HIP HOP STEP Junior Group Ex Room	8.10 SPIN Tina Spin Room	
	9.30 YOGA Ekta Group Ex Room	9.30 LADIES HIIT 45 Sjaan Gym Floor	9.00 PILATES Annie Group Ex Room	9.30 YOGA Dianne Group Ex Room	8.30 PILATES Ingrid Group Ex Room	9.00 HIIT 45 Nico Gym Floor	
	10.00 AQUA FIT Kim Indoor Pool	10.00 AQUA FIT Julia Indoor Pool	9.30 HIIT 45 Rachel Gym Floor	9.30 LADIES HIIT 45 Julia Gym Floor (Pram friendly)	9.00 GOLD FIT Junior Gym Floor	9.30 MUSCLE MAX Sharon Group Ex Room	
	5.00 SPIN Julia Spin Room		10.00 AQUA FIT Kim Indoor Pool		9.45 PILATES Ingrid Group Ex Room		
	5.30 HIIT 45 Wahabi Gym Floor		10.15 PILATES Annie Group Ex Room		10.00 AQUA FIT Sharon Indoor Pool		
PM	6.00 ZUMBA Sonia Group Ex Room	5.00 SPIN Sharon Spin Room	5.30 BOX FIT ADVANCED Wahabi Gym Floor	5.30 & 6.45 POWER 20 Nico Gym Floor	5.30 PILATES Caty Gym Floor		4.00 YIN YOGA 90 Ekta Group Ex Room
	7.00 YOGA Ekta Group Ex Room	6.00 HIIT 45 Wahabi Gym Floor	5.30 SPUMP Sharon Spin & Group Ex Room	6.15 YOGA Sarah Group Ex Room			5.00 BOXFIT Nia Gym Floor
	7.00 AQUA FIT David Indoor Pool	6.00 PILATES Caty Group Ex Room		7.00 AQUA FIT Kim Indoor Pool			

THE Y SIR WILLIAM JORDAN RECREATION CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		6.00 SPUMP Karen Group Ex Room	9.00 GOLD CIRCUIT Sjaan Group Ex Room	6.00 SPIN Karen Group Ex Room		8.30 SPIN Rocky Group Ex Room	
	10.00 ACTIVATE Sharon Stadium	10.00 GOLD CIRCUIT Rachel Group Ex Room	10.00 ACTIVATE Julia Stadium	10.00 GOLD CARDIO-FIT Dayan & Rachel Group Ex Room	10.30 TAI CHI Orlando Stadium		
		11.00 GOLD PILATES Ingrid Stadium					
PM		5.30 SPIN Rocky Group Ex Room		5.30 PILATES Ingrid Group Ex Room			
	5.30 MUSCLE MAX Sharon Group Ex Room	6.15 AB BLAST Nico Group Ex Room	6.00 MUSCLE MAX Caty Group Ex Room				