



- Booking compulsory for SPIN - Suspension - SPump
- 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**

12:40 5G vicesymcanorth.org.nz

the Y

Menu Log In

Welcome to The Y!

Book your classes online now!

Compulsory Booking for SPIN, Suspension and SPump classes

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

The Y Glen Innes  
 122 Elstree Ave, Glen Innes, Auckland  
 09 527 3260 | [gleninnes@ymcauckland.org.nz](mailto:gleninnes@ymcauckland.org.nz)

**Fitness**

# GROUP EXERCISE TIMETABLE

THE Y GLEN INNES  
 POOL AND LEISURE CENTRE

AUTUMN 2024

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

# AUTUMN 2024 GROUP EXERCISE TIMETABLE

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

## Class key

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

THE Y GLEN INNES POOLS							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
EARLY MORNING	<b>6.00 SUSPENSION</b> Ariel / Group Ex Room	<b>6.00 SPIN</b> Cynthia / Group Ex Room	<b>6.00 MUSCLE MAX +</b> Carron / Group Ex Room	<b>6.00 SPIN</b> Carron / Group Ex Room	<b>6.00 SUSPENSION</b> Ariel / Group Ex Room		
		<b>7.00 CORE 15</b> Fitness trainer / Group Ex Room			<b>7.30 CORE 15</b> Fitness Trainer / Group Ex Room	<b>7.10 SPIN</b> Carron / Group Ex Room	<b>7.30 AQUA FIT</b> Camilla / Leisure Pool
		<b>7.30 POWER YOGA</b> Ariel / Group Ex Room <small>CLASS LIVE ON ZOOM</small>		<b>7.30 SUSPENSION</b> Ariel / Group Ex Room	<b>8.00 POWER YOGA</b> Ariel / Group Ex Room <small>CLASS LIVE ON ZOOM</small>	<b>8.30 CORE 15</b> Fitness trainer/ Outdoor area	<b>8.00 SPIN</b> Carron / Group Ex Room
						<b>8.30 YOGA</b> Edit/ Group Ex Room	
LATE MORNING	<b>9.10 PILATES</b> Beatriz / Group Ex Room	<b>9.10 SPUMP</b> Ariel / Group Ex Room	<b>9.10 SPIN 30</b> Beatriz / Group Ex Room	<b>9.10 MUSCLE MAX</b> Beatriz / Group Ex Room	<b>9.10 STEP</b> Ariel / Group Ex Room		<b>9.10 MUSCLE MAX</b> Cynthia / Group Ex Room
	<b>9.15 AQUA FIT</b> Ariel / Leisure Pool	<b>9.30 AQUA FIT</b> Beatriz / Leisure Pool	<b>9.30 AQUA FIT</b> Ariel / Leisure Pool	<b>9.30 AQUA FIT</b> Camilla / Leisure Pool	<b>9.15 AQUA FIT</b> Beatriz / Leisure Pool	<b>9.40 ZUMBA</b> Camilla / Group Ex Room	
	<b>10.15 AQUA GREEN</b> Beatriz / Leisure Pool <small>NO CLASSES DURING SCHOOL HOLIDAYS</small>		<b>9.40 GLUTES &amp; CORE</b> Beatriz / Group Ex Room		<b>10.15 AQUA GREEN</b> Carron / Leisure Pool <small>NO CLASSES DURING SCHOOL HOLIDAYS</small>		
	<b>10.30 TAI CHI</b> Orlando / Group Ex Room	<b>10.30 PILATES</b> Beatriz / Group Ex Room	<b>10.30 TAI CHI</b> Orlando / Group Ex Room	<b>10.30 YOGA</b> Ariel / Group Ex Room			
AFTERNOON	<b>11.00 GOLD FIT</b> Fitness Trainer / Gym		<b>11.00 GOLD FIT</b> Fitness Trainer / Gym		<b>11.00 GOLD FIT</b> Fitness Trainer / Gym		
			<b>11.30 ZUMBA GOLD</b> Camilla / Group Ex Room				
	<b>5.15 SPIN 30</b> Beatriz / Group Ex Room			<b>5.15 PILATES</b> Beatriz / Group Ex Room			
EVENING	<b>6.00 BOX FIT</b> Lex / Group Ex Room	<b>6.00 SPIN 30</b> Beatriz / Group Ex Room	<b>6.00 BOX FIT</b> Aga / Group Ex Room	<b>6:10 SPIN 30 + CORE 15</b> Beatriz / Group Ex Room			
	<b>6.30 AQUA FIT</b> Beatriz / Leisure Pool	<b>6.30 MUSCLE MAX 30</b> Beatriz / Group Ex Room	<b>6.30 AQUA FIT</b> Beatriz / Leisure Pool				
	<b>7.10 DANCE FIT</b> Jai / Group Ex Room	<b>7.10 PILATES</b> Noa / Group Ex Room	<b>7.10 ZUMBA</b> Camilla / Group Ex Room	<b>7.10 YOGA</b> Edit / Group Ex Room			
	<b>7.10 HIIT 45</b> Fitness Trainer / Outdoor area	<b>7.10 CORE 45</b> Fitness trainer / Outdoor area	<b>7.10 HIIT 45</b> Fitness trainer / Outdoor area				