

SUMMER 2025/2026

GROUP EXERCISE TIMETABLE

Please visit 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	6.00 SUSPENSION TRX Ariel / Group Ex Room	6.00 SPIN Carron / Group Ex Room	6.00 MUSCLE MAX + Carron / Group Ex Room	6.00 SPIN 45 Carron / Group Ex Room	6.00 SUSPENSION TRX Ariel / Group Ex Room		
		7.00 CORE 15 Fitness trainer / Group Ex Room			7.30 CORE 15 Fitness Trainer / Group Ex Room	7.10 SPIN Carron / Group Ex Room	7.30 AQUA FIT Carron/ Leisure Pool
		7.30 POWER YOGA Ariel / Group Ex Room CLASS LIVE ON ZOOM		7.30 SUSPENSION TRX Ariel / Group Ex Room	8.00 POWER YOGA Ariel / Group Ex Room CLASS LIVE ON ZOOM	8.10 CORE 15 Fitness trainer/ Group Ex Room	8.30 SPIN Carron / Group Ex Room
	9.10 PILATES Beatriz / Group Ex Room	9.10 SPUMP Ariel / Group Ex Room	9.10 SPIN 30 Beatriz / Group Ex Room	9.10 MUSCLE MAX Beatriz / Group Ex Room	9.10 STEP Ariel / Group Ex Room	8.30 YOGA Edit/ Group Ex Room	9.30 MUSCLE MAX Fiona / Group Ex Room
LATE MORNING	9.15 AQUA FIT Ariel / Leisure Pool	9.30 AQUA FIT Beatriz / Leisure Pool	9.30 AQUA FIT Ariel / Leisure Pool	9.30 AQUA FIT Rocky / Leisure Pool	9.15 AQUA FIT Beatriz / Leisure Pool	10.00 ZUMBA Camilla / Group Ex Room	
	10.15 AQUA GREEN Beatriz / Leisure Pool NO CLASSES DURING SCHOOL HOLIDAYS		9.40 GLUTES & CORE Beatriz / Group Ex Room		10.15 AQUA GREEN Carron / Leisure Pool NO CLASSES DURING SCHOOL HOLIDAYS		
	10.30 TAI CHI Orlando / Group Ex Room	10.30 PILATES Noa / Group Ex Room	10.30 TAI CHI Orlando / Group Ex Room	10.30 YOGA Ariel / Group Ex Room			
	11.00 GOLD FIT GYM Fitness Trainer / Gym program		11.00 GOLD FIT GYM Fitness Trainer / Gym		11.00 GOLD FIT GYM Fitness Trainer / Gym program		
AFTERNOON	11.30 GOLD FIT CLASS Beatriz / Group Ex Room		11.30 ZUMBA GOLD Camilla / Group Ex Room		11.00 GOLD FIT CLASS Beatriz / Group Ex Room		
	5.15 SPIN 30 Beatriz / Group Ex Room		5.30 SUSPENSION TRX Carron / Group Ex Room	5.15 PILATES Beatriz / Group Ex Room			
EVENING	6.00 BOX FIT Ariel / Group Ex Room	6.00 SPIN 30 Beatriz / Group Ex Room	6.30 ZUMBA Camilla / Group Ex Room	6:10 SPIN 30 + CORE 15 Beatriz / Group Ex Room			
	6.30 AQUA FIT Beatriz / Leisure Pool	6.30 MUSCLE MAX 30 Beatriz / Group Ex Room	6.30 AQUA FIT Bea, Ariel, Carron / Leisure Pool				
	7.10 DANCE FIT Jai / Group Ex Room	7.10 PILATES Noa / Group Ex Room	7.10 HIIT 45 Fitness trainer / Outdoor area	7.10 YOGA Edit / Group Ex Room			
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