



- 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**

**Book your classes online now!**  
Compulsory Booking for SPIN, Suspension and SPump classes

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

Glen Innes Pool and Leisure Centre  
122 Elstree Ave, Glen Innes, Auckland  
09 527 3260 | [gleninnes@ymcauckland.org.nz](mailto:gleninnes@ymcauckland.org.nz)

**Fitness**

# GROUP EXERCISE TIMETABLE

**GLEN INNES  
POOL AND LEISURE CENTRE**

**WINTER 2025**

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



# WINTER 2025 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 TRX</b><br>Ariel / Group Ex Room                                                   | <b>6.00 SPIN</b><br>Carron / Group Ex Room                                           | <b>6.00 MUSCLE MAX +</b><br>Carron / Group Ex Room       | <b>6.00 SPIN 45</b><br>Carron / Group Ex Room            | <b>6.00 SUSPENSION TRX</b><br>Ariel / Group Ex Room                                                  |                                                       |                                                 |
|                        |                                                                                                       | <b>7.00 CORE 15</b><br>Fitness trainer / Group Ex Room                               |                                                          |                                                          | <b>7.30 CORE 15</b><br>Fitness Trainer / Group Ex Room                                               | <b>7.10 SPIN</b><br>Carron / Group Ex Room            | <b>7.30 AQUA FIT</b><br>Carron/ Leisure Pool    |
|                        |                                                                                                       | <b>7.30 POWER YOGA</b><br>Ariel / Group Ex Room<br><small>CLASS LIVE ON ZOOM</small> |                                                          | <b>7.30 SUSPENSION TRX</b><br>Ariel / Group Ex Room      | <b>8.00 POWER YOGA</b><br>Ariel / Group Ex Room<br><small>CLASS LIVE ON ZOOM</small>                 | <b>8.10 CORE 15</b><br>Fitness trainer/ Group Ex Room | <b>8.30 SPIN</b><br>Carron / Group Ex Room      |
|                        | <b>9.10 PILATES</b><br>Beatriz / Group Ex Room                                                        | <b>9.10 SPUMP</b><br>Ariel / Group Ex Room                                           | <b>9.10 SPIN 30</b><br>Beatriz / Group Ex Room           | <b>9.10 MUSCLE MAX</b><br>Beatriz / Group Ex Room        | <b>9.10 STEP</b><br>Ariel / Group Ex Room                                                            | <b>8.30 YOGA</b><br>Edit/ Group Ex Room               | <b>9.30 MUSCLE MAX</b><br>Fiona / Group Ex Room |
| LATE MORNING           | <b>9.15 AQUA FIT</b><br>Ariel / Leisure Pool                                                          | <b>9.30 AQUA FIT</b><br>Beatriz / Leisure Pool                                       | <b>9.30 AQUA FIT</b><br>Ariel / Leisure Pool             | <b>9.30 AQUA FIT</b><br>Rocky / Leisure Pool             | <b>9.15 AQUA FIT</b><br>Beatriz / Leisure Pool                                                       | <b>10.00 ZUMBA</b><br>Camilla / Group Ex Room         |                                                 |
|                        | <b>10.15 AQUA GREEN</b><br>Beatriz / Leisure Pool<br><small>NO CLASSES DURING SCHOOL HOLIDAYS</small> |                                                                                      | <b>9.40 GLUTES &amp; CORE</b><br>Beatriz / Group Ex Room |                                                          | <b>10.15 AQUA GREEN</b><br>Carron / Leisure Pool<br><small>NO CLASSES DURING SCHOOL HOLIDAYS</small> |                                                       |                                                 |
|                        | <b>10.30 TAI CHI</b><br>Orlando / Group Ex Room                                                       | <b>10.30 PILATES</b><br>Noa / Group Ex Room                                          | <b>10.30 TAI CHI</b><br>Orlando / Group Ex Room          | <b>10.30 YOGA</b><br>Ariel / Group Ex Room               |                                                                                                      |                                                       |                                                 |
|                        | <b>11.00 GOLD FIT GYM</b><br>Fitness Trainer / Gym                                                    |                                                                                      | <b>11.00 GOLD FIT GYM</b><br>Fitness Trainer / Gym       |                                                          | <b>11.00 GOLD FIT GYM</b><br>Fitness Trainer / Gym                                                   |                                                       |                                                 |
| AFTERNOON              | <b>11.30 GOLD FIT CLASS</b><br>Beatriz / Group Ex Room                                                |                                                                                      | <b>11.30 ZUMBA GOLD</b><br>Camilla / Group Ex Room       |                                                          | <b>11.00 GOLD FIT CLASS</b><br>Beatriz / Group Ex Room                                               |                                                       |                                                 |
|                        | <b>5.15 SPIN 30</b><br>Beatriz / Group Ex Room                                                        |                                                                                      | <b>5.30 SUSPENSION TRX</b><br>Carron / Group Ex Room     | <b>5.15 PILATES</b><br>Beatriz / Group Ex Room           |                                                                                                      |                                                       |                                                 |
| EVENING                | <b>6.00 BOX FIT</b><br>Simon / Group Ex Room                                                          | <b>6.00 SPIN 30</b><br>Beatriz / Group Ex Room                                       | <b>6.30 DANCE FIT</b><br>Jai / Group Ex Room             | <b>6:10 SPIN 30 + CORE 15</b><br>Beatriz / Group Ex Room |                                                                                                      |                                                       |                                                 |
|                        | <b>6.30 AQUA FIT</b><br>Beatriz / Leisure Pool                                                        | <b>6.30 MUSCLE MAX 30</b><br>Beatriz / Group Ex Room                                 | <b>6.30 AQUA FIT</b><br>Camilla / Leisure Pool           |                                                          |                                                                                                      |                                                       |                                                 |
|                        | <b>7.10 DANCE FIT</b><br>Jai / Group Ex Room                                                          | <b>7.10 PILATES</b><br>Noa / Group Ex Room                                           | <b>7.10 HIIT 45</b><br>Fitness trainer / Outdoor area    | <b>7.10 YOGA</b><br>Edit / Group Ex Room                 |                                                                                                      |                                                       |                                                 |
|                        | <b>7.10 HIIT 45</b><br>Fitness Trainer / Outdoor area                                                 |                                                                                      |                                                          |                                                          |                                                                                                      |                                                       |                                                 |