



- 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

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

ymcanorth.org.nz

The Y Glen Innes
122 Elstree Ave, Glen Innes, Auckland
09 527 3260 | gleninnes@ymcauckland.org.nz

Fitness

GROUP EXERCISE TIMETABLE

**THE Y GLEN INNES
POOL AND LEISURE CENTRE**

SUMMER 2025

ymcanorth.org.nz



SUMMER 2025

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 Ariel / Group Ex Room	6.00 SPIN Carron / Group Ex Room	6.00 MUSCLE MAX + Carron / Group Ex Room	6.00 SPIN Rocky / Group Ex Room	6.00 SUSPENSION 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
LATE MORNING	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
	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		
AFTERNOON	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		11.00 GOLD FIT GYM Fitness Trainer / Gym		11.00 GOLD FIT GYM Fitness Trainer / Gym		
	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		
EVENING	5.15 SPIN 30 Beatriz / Group Ex Room		5.30 Suspension Carron / Group Ex Room	5.15 PILATES Beatriz / Group Ex Room			
	6.00 BOX FIT Simon / Group Ex Room	6.00 SPIN 30 Beatriz / Group Ex Room	6.30 DANCE FIT Jai / 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 Camilla / 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			
	7.10 HIIT 45 Fitness Trainer / Outdoor area	7.10 CORE 15 Fitness trainer / Outdoor area					