



- No booking required
- 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

SIGN UP TO

PERSONAL TRAINING

One-on-one motivation to reach your goals

CHAT TO RECEPTION!

ymcanorth.org.nz



▶ Fully trained

▶ Highly experienced

▶ Range of times to suit you

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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

AUTUMN 2023

ymcanorth.org.nz



AUTUMN 2023

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 Cynthia / Group Ex Room	6.00 Spump Carron / Group Ex Room	6.00 Spin Carron / Group Ex Room	6.00 Suspension Ariel / Group Ex Room		
		7.00 Core 15 Fitness trainer / Group Ex Room			7.30 Core 15 Cynthia / Group Ex Room	7.10 Spin Carron / Group Ex Room	7.30 Aqua Fit Camilla / Leisure Pool
LATE MORNING		7.30 Power Yoga Ariel / Group Ex Room CLASS LIVE ON ZOOM		7.30 Suspension Ariel / Group Ex Room	8.00 Power Yoga Ariel / Group Ex Room CLASS LIVE ON ZOOM	8.30 Core 15 Fitness trainer/ Outdoor area	8.00 Spin Matt / Group Ex Room
						8.30 Yoga Edit/ Group Ex Room	
AFTERNOON	9.10 Pilates Cynthia / 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		9.10 Muscle Max Cynthia / Group Ex Room
	9.15 Aqua Fit Ariel / Leisure Pool	9.30 Aqua Fit Beatriz / Leisure Pool	9.40 Glutes & Core Beatriz / Group Ex Room	9.30 Aqua Fit Camilla / Leisure Pool	9.15 Aqua Fit Beatriz / Leisure Pool	9.40 Zumba Ricky / Group Ex Room	
EVENING	10.15 Aqua Green Beatriz / Leisure Pool NO CLASSES DURING SCHOOL HOLIDAYS		9.30 Aqua Fit Ariel / Leisure Pool		10.15 Aqua Green Carron / Leisure Pool NO CLASSES DURING SCHOOL HOLIDAYS		
	10.30 Tai Chi Orlando / Group Ex Room	10.30 Pilates Beatriz / Group Ex Room	10.30 Tai Chi Orlando / Group Ex Room	10.30 Yoga Ariel / Group Ex Room			
	5.15 Spin 30 Beatriz / Group Ex Room			5.15 Pilates Beatriz / Group Ex Room			
	6.00 Box Fit Lex / Group Ex Room	6.00 Spin 30 Beatriz / Group Ex Room	6.00 Box Fit Aga / Group Ex Room	6.10 Suspension Beatriz / Group Ex Room			
	6.30 Aqua Fit Beatriz / Leisure Pool	6.30 Muscle Max 30 Beatriz / Group Ex Room	6.30 Aqua Fit Beatriz / Leisure Pool				
	7.10 Dance Fit Jai / Group Ex Room	7.10 Pilates Noa / Group Ex Room	7.10 Yoga Edit / Group Ex Room	7.10 Zumba Ricky / Group Ex Room			
	7.10 HIIT 45 Jordan / Outdoor area	7.10 Core 45 Jordan / Outdoor area	7.10 HIIT 45 Jordan / Outdoor area				