



- 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

GROUP EXERCISE TIMETABLE

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

AUTUMN 2024

ymcanorth.org.nz

AUTUMN 2024 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 MUSCLE MAX + 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 Fitness Trainer / Group Ex Room	7.10 SPIN Carron / Group Ex Room	7.30 AQUA FIT Camilla / Leisure Pool
		7.30 POWER YOGA Ariel / Group Ex Room <small>CLASS LIVE ON ZOOM</small>		7.30 SUSPENSION Ariel / Group Ex Room	8.00 POWER YOGA Ariel / Group Ex Room <small>CLASS LIVE ON ZOOM</small>	8.30 CORE 15 Fitness trainer/ Outdoor area	8.00 SPIN Carron / Group Ex Room
						8.30 YOGA Edit/ 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		9.10 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 Camilla / Leisure Pool	9.15 AQUA FIT Beatriz / Leisure Pool	10.00 ZUMBA Camilla / Group Ex Room	
	10.15 AQUA GREEN Beatriz / Leisure Pool <small>NO CLASSES DURING SCHOOL HOLIDAYS</small>		9.40 GLUTES & CORE Beatriz / Group Ex Room		10.15 AQUA GREEN Carron / Leisure Pool <small>NO CLASSES DURING SCHOOL HOLIDAYS</small>		
	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			
AFTERNOON	11.00 GOLD FIT Fitness Trainer / Gym		11.00 GOLD FIT Fitness Trainer / Gym		11.00 GOLD FIT Fitness Trainer / Gym		
			11.30 ZUMBA GOLD Camilla / Group Ex Room				
	5.15 SPIN 30 Beatriz / Group Ex Room			5.15 PILATES Beatriz / Group Ex Room			
EVENING	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 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 Beatriz / Leisure Pool				
	7.10 DANCE FIT Jai / Group Ex Room	7.10 PILATES Noa / Group Ex Room	7.10 ZUMBA Camilla / Group Ex Room	7.10 YOGA Edit / Group Ex Room			
	7.10 HIIT 45 Fitness Trainer / Outdoor area	7.10 CORE 45 Fitness trainer / Outdoor area	7.10 HIIT 45 Fitness trainer / Outdoor area				