



- 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**

# Gear up with The Y!

VISIT AND BE IN TO WIN!

**30** BRANDED T-SHIRTS to give away!

PLUS one 3-month membership

GRAB YOUR STAMP CARD AT RECEPTION TODAY!

ymcanorth.org.nz

Winners drawn on 1 April 2023. T&Cs apply.

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

The Y Glen Innes  
 122 Elstree Ave, Glen Innes, Auckland  
 Call: 09 527 3260 email: [gleninnes@ymcauckland.org.nz](mailto:gleninnes@ymcauckland.org.nz)

**Fitness**

# GROUP EXERCISE TIMETABLE

THE Y GLEN INNES  
 POOL AND LEISURE CENTRE

SUMMER 2023

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

# SUMMER 2023 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</b> Ariel / Group Ex Room	<b>6.00 Spin</b> Cynthia / Group Ex Room  <b>7.00 Total Core 15</b>  <b>7.30 Power Yoga</b> Ariel / Group Ex Room CLASS LIVE ON ZOOM	<b>6.00 Spump</b> Carron / Group Ex Room	<b>6.00 Spin</b> Carron / Group Ex Room  <b>7.30 Suspension</b> Ariel / Group Ex Room	<b>6.00 Suspension</b> Ariel / Group Ex Room  <b>6.50 Total Core 30</b> Carron / Outdoor area  <b>8.00 Power Yoga</b> Ariel / Group Ex Room CLASS LIVE ON ZOOM	<b>7.10 Spin</b> Carron / Group Ex Room  <b>8.30 Total Core 15</b>  <b>8.30 Yoga</b> Edit / Group Ex Room	<b>7.30 Aqua Fit</b> Beatriz / Leisure Pool  <b>8.00 Spin</b> Matt / Group Ex Room
	<b>9.10 Pilates</b> Cynthia / Group Ex Room  <b>9.15 Aqua Fit</b> Ariel / Leisure Pool  <b>10.15 Aqua Green</b> Beatriz / Leisure Pool NO CLASSES DURING SCHOOL HOLIDAYS  <b>10.30 Tai Chi</b> Orlando / Group Ex Room	<b>9.10 Spump</b> Ariel / Group Ex Room  <b>9.30 Aqua Fit</b> Beatriz / Leisure Pool  <b>10.30 Pilates</b> Beatriz / Group Ex Room	<b>9.10 Spin 30</b> Beatriz / Group Ex Room  <b>9.40 Glutes &amp; Core</b> Beatriz / Group Ex Room  <b>9.30 Aqua Fit</b> Ariel / Leisure Pool  <b>10.30 Tai Chi</b> Orlando / Group Ex Room	<b>9.10 Muscle Max</b> Beatriz / Group Ex Room  <b>9.30 Aqua Fit</b> Cynthia / Leisure Pool  <b>10.30 Yoga</b> Ariel / Group Ex Room	<b>9.10 Step</b> Ariel / Group Ex Room  <b>9.15 Aqua Fit</b> Beatriz / Leisure Pool  <b>10.15 Aqua Green</b> Carron / Leisure Pool NO CLASSES DURING SCHOOL HOLIDAYS	<b>9.40 Zumba</b> Ricky / Group Ex Room	<b>9.10 Muscle Max</b> Cynthia / Group Ex Room
LATE MORNING							
	<b>5.15 Spin 30</b> Beatriz / Group Ex Room			<b>5.15 Pilates</b> Beatriz / Group Ex Room			
AFTERNOON	<b>6.00 Box Fit</b> Lex / Group Ex Room  <b>6.30 Aqua Fit</b> Beatriz / Leisure Pool  <b>7.10 Dance Fit</b> Jai / Group Ex Room  <b>7.10 HIIT 45</b> Jordan / Outdoor area	<b>6.00 Spin 30</b> Beatriz / Group Ex Room  <b>6.30 Muscle Max 30</b> Beatriz / Group Ex Room  <b>7.10 Pilates</b> Noa / Group Ex Room  <b>7.10 Total Core 45</b> Jordan / Outdoor area	<b>6.00 Box Fit</b> Aga / Group Ex Room  <b>6.30 Aqua Fit</b> Beatriz / Leisure Pool  <b>7.10 Yoga</b> Edit / Group Ex Room  <b>7.10 HIIT 45</b> Jordan / Outdoor area	<b>6.10 Suspension</b> Beatriz / Group Ex Room  <b>7.10 Zumba</b> Ricky / Group Ex Room			
EVENING							