



- 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

Glen Innes Pool and Leisure Centre
122 Elstree Ave, Glen Innes, Auckland
09 527 3260 | gleninnes@ymcauckland.org.nz

Fitness

GROUP EXERCISE TIMETABLE

**GLEN INNES
POOL AND LEISURE CENTRE**

WINTER 2025

ymcanorth.org.nz



WINTER 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 TRX 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 TRX 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 TRX 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						