

Choose a class based on your Health & Fitness goals

Get Fit

Spin / Step
HIIT
Box Fit
Total Core
Suspension
Aqua Fit
Zumba / Dance Fit

Get Stronger

Muscle Max
HIIT
Box Fit
Suspension
Total Core

Get in shape

Spin / Step
Spump
Box Fit
Suspension
Pilates / Power Yoga
Muscle Max

Mind & Body

Yoga
Power Yoga
Tai chi
Pilates

HIIT

High Intensity Interval training is a session that mix strength training and cardio elements to give the best results in a short and yet very efficient workout. Get it, Work it, Get out.

BOX FIT

A boxing inspired, circuit based class to get the blood flowing. This class will get you feeling mentally and physically stronger through bag and pad work.

SUSPENSION

This multi-body movement session utilizing suspension training will get you sweating! A mix between suspension movements, weights and cardio for a full body workout!

PILATES & POWER YOGA

This class focuses on correct body alignment, core strength and flexibility through low impact movements.

TOTAL CORE

This class focuses on strengthening your core muscles from your abdomen and lower back.

AQUA FIT

This class is in the pool with focuses on aerobic endurance and resistance training, creating an enjoyable atmosphere with music. This class is opened to all levels and ages!

SPIN

Indoor cycling to the fun upbeat of music! This class focuses on improving endurance and strength simulating an outdoor bike ride.

MUSCLE MAX

A barbell workout for anyone looking to get in shape. Using moderate loads with lots of repetition, this full body session will be sure to get you looking and feeling great!

DANCE FIT & ZUMBA

Workout and dance moves for better posture, coordination and balance. These dance sessions are open to all levels and ages!

YOGA

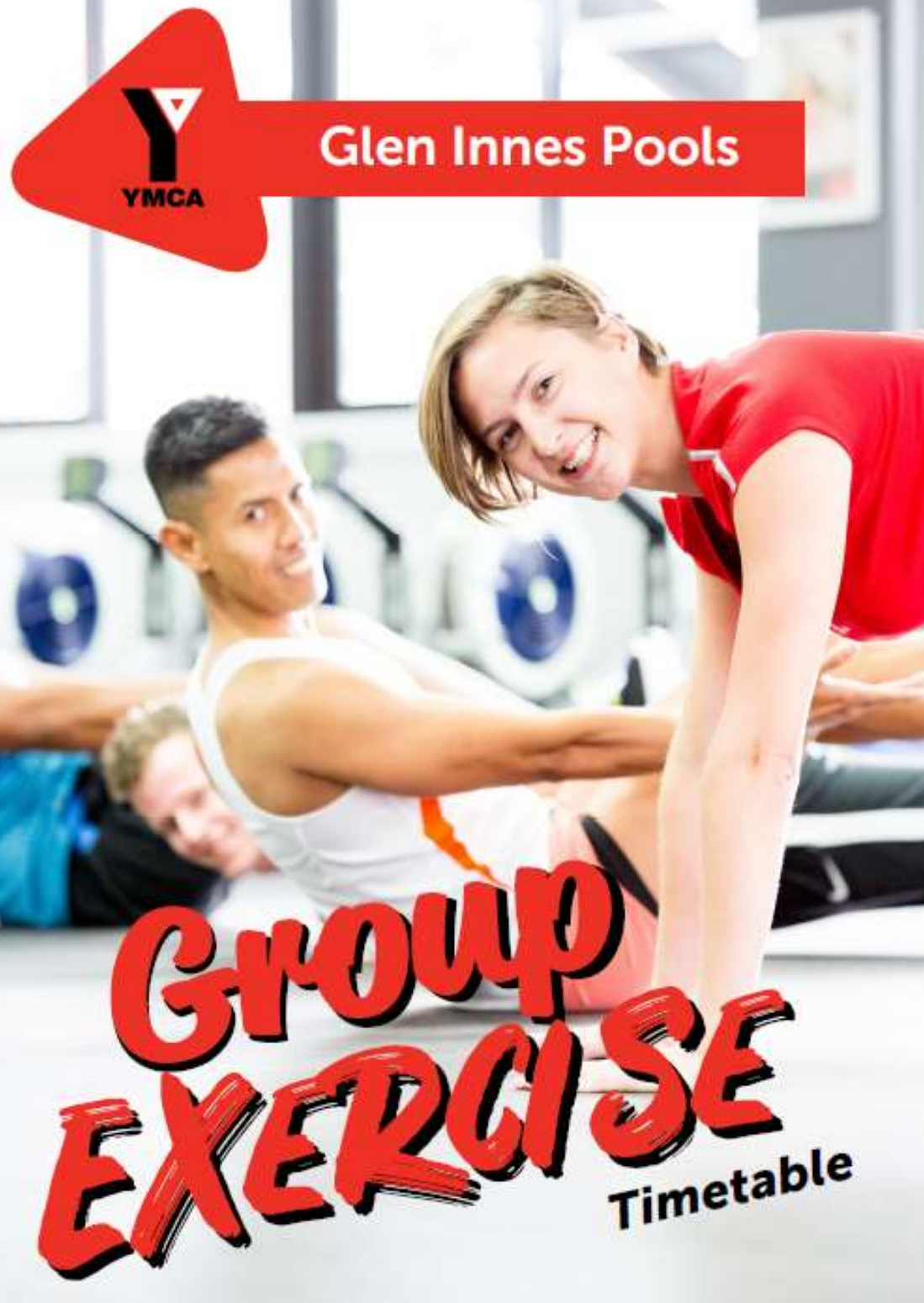
A class that focuses on flexibility and mobility. Work through mental, and spiritual practices to keep your mind and body connected.

TAI CHI

For all levels. A Chinese martial art practice that focuses on balance, mobility and coordination. Feel a sense of peace and mindfulness.

SPUMP

This class mixes all the advantages of a MUSCLE MAX class and a SPIN class at the same time. It promotes overall fitness and stamina burning hundreds of calories.



YMCA

Glen Innes Pools

GROUP EXERCISE

Timetable

The Y Glen Innes Pool & Leisure Centre

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	6:00am Suspension Ariel	6:00am Spin Cynthia	6:00am SPump Carron	6:00am Spin Carron	6:00am Suspension Ariel		
		7:00am Total Core 15		7:30am Suspension Ariel	6:50am Total Core 30 Carron	7:10am Spin Carron	7:30am Aqua Fit Camilla
		7:30am Power Yoga* Ariel			8:00am Power Yoga* Ariel	8:30am Yoga Edit	8:00am Spin Matt
		8:30am Total Core 30					
Mid Morning	9:10am Pilates Cynthia	9:10am SPump Ariel	9:10am Spin 30 Beatriz	9:10am Muscle Max Beatriz	9:10am Step Ariel		9:10am Muscle Max Cynthia
	9:15am Aqua Fit Ariel		9:40am Glutes & Core 30 Beatriz		9:15am Aqua Fit Beatriz	9:40am Zumba Ricky	
	10:15am Aqua Green ★ Beatriz	9:30am Aqua Fit Beatriz	9:30am Aqua Fit Ariel	9:30am Aqua Fit Camilla	10:15am Aqua Green ★ Carron		
	10:30am Tai Chi Orlando	10:30am Pilates Beatriz	10:30am Tai Chi Orlando	10:30am Yoga Ariel			
Evening	5:15pm Spin 30 Beatriz			5:15pm Pilates Beatriz			
	6:00pm Box Fit Ariel	6:00pm Spin 30 Beatriz	6:00pm Box Fit Aga	6:10pm Suspension Beatriz			
	6:30pm Aqua Fit Beatriz	6:30pm Muscle Max 30 Beatriz	6:30pm Aqua Fit Beatriz		★ <i>NO Aqua Green classes during School Holidays</i>		
Late Evening	7:10pm Dance Fit Jai	7:10pm Pilates Noah	7:10pm Yoga Edit	7:10pm Zumba Ricky	NOTE: <i>Classes may have a different instructor due to different cover reasons</i>		
	7:10pm HIIT 45	7:10pm Total Core 45	7:10pm HIIT 45				
			(*) ZOOM – Live online class.				

Opening Hours

POOL

Monday – Friday 5:30am – 8:45pm
Saturday – Sunday..... 7:00am – 7:15pm

GYM

Monday – Thursday..... 5:30am – 9:00pm
Friday 5:30am – 8:00pm
Saturday – Sunday..... 7:00am – 7:15pm

Visit our website for class descriptions www.ymcauckland.org.nz