



- Classes have limited numbers, please book your spot
- 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

▶ Fully trained
▶ Highly experienced
▶ Range of times to suit you

SIGN UP TO

PERSONAL TRAINING

One-on-one motivation to reach your goals

CHAT TO RECEPTION!

ymcanorth.org.nz

ymcanorth.org.nz

The Y Lagoon Pool & Leisure Centre
29 Lagoon Drive, Panmure, Auckland
09 570 9061 | reception.lagoon@ymcauckland.org.nz

Fitness

**GROUP
EXERCISE
TIMETABLE**

**THE Y LAGOON & ELLERSLIE
LEISURE CENTRE**

SUMMER 24/25

ymcanorth.org.nz

HOLIDAY SEASON: 21 DEC - 12 JAN

Please visit ymcanorth.org.nz for class descriptions

▲ Cycle

▲ Aqua

▲ Mind/body

▲ Dance

▲ Strength

▲ Senior

▲ Fitness

THE Y ELLERSLIE

THE Y LAGOON

HOLIDAY SEASON: 13-19 JANUARY

GROUP EXERCISE TIMETABLE

Please visit ymcanorth.org.nz for class descriptions

- Class key

▲ Cycle

▲ Aqua

▲ Mind/body

▲ Dance

▲ Strength

▲ Senior

▲ Fitness

THE Y ELLERSLIE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM							

THE Y LAGOON							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6.00 - 7.00 Boxfit Richard / Group Ex Room 7.00 - 7.20 Core 20 Richard / Group Ex Room	6.00 - 6.30 Strength Richard / Gym Floor	6.00 - 7.00 Boxfit Richard / Group Ex Room 7.00 - 7.20 Core 20 Richard / Group Ex Room	6.00 - 6.30 Strength Richard / Gym Floor			8.30 - 8.50 HIIT 20 Mr. Hou / Group Ex Room
PM	7:00 - 7:20 Core 20 Theo/ Group Ex Room	6.00 - 6.45 HIIT Theo / Group Ex Room		6.00 - 6:45 HIIT Dean/ Group Ex Room	6.00 - 6.20 HIIT 20 John/ Group Ex Room		

HOLIDAY SEASON: 20-26 JAN

GROUP EXERCISE TIMETABLE

Please visit ymcanorth.org.nz for class descriptions

Class key

▲ Cycle

▲ Aqua

▲ Mind/body

▲ Dance

▲ Strength

▲ Senior

▲ Fitness

THE Y ELLERSLIE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6.00 - 6.45 Spin Sarah / GX Room	6.00 - 6.45 HIIT Simon / Group Ex Room		6.00 - 6.45 HIIT Simon / Group Ex Room		8.00 - 8.45 HIIT Cathy / Group Ex Room	8.00 - 8.45 Muscle Max Cathy / Group Ex Room
	9.15 - 10.15 Yoga Dinny / Group Ex Room	9.00 - 9.45 Muscle Max Simon / Group Ex Room	9.30 - 10.30 Activate Ingrid / Group Ex Room	9.15 - 10.15 Zumba Sonia / Group Ex Room	9.00 - 9.45 Muscle Max Francis / Group Ex Room	9.30 - 10.15 Pilates Noa / Group Ex Room	9.00 - 9.45 Pilates Cathy / Group Ex Room
	10.30 - 11.30 Goldfit Annie / Group Ex Room		10:45 - 11.45 Pilates Ingrid / Group Ex Room	10.30 - 11.30 Goldfit Annie / Group Ex Room	10.15 - 11.15 Yoga Dinny / Group Ex Room		
PM	6.00 - 6.45 HIIT Cathy / Group Ex Room	6.00 - 6.45 HIIT Francis / Group Ex Room	6.00 - 6.45 Spin Sarah / Group Ex Room	6.00 - 6.45 Muscle Max Francis / Group Ex Room			
				7.00 - 8.00 Pilates Ingrid / Group Ex Room			

THE Y LAGOON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6.00 - 7.00 Boxfit Richard / Group Ex Room	6.00 - 6.30 Strength Richard / Gym Floor	6.00 - 7.00 Boxfit Richard / Group Ex Room	6.00 - 6.30 Strength Richard / Gym Floor	6.00 - 6.45 Spin Rocky / Group Ex Room	8.30 - 9.15 Spin Frances / Group Ex Room	8.30 - 8.50 HIIT 20 Mr. Hou / Group Ex Room
	7.00 - 7.20 Core 20 Richard / Group Ex Room		7.00 - 7.20 Core 20 Richard / Group Ex Room		10.30 - 11.30 Aquafit Rocky / Indoor Pool		
PM	7:00 - 7:20 Core 20 Theo / Group Ex Room	6.00 - 6.45 HIIT Theo / Group Ex Room		6.00 - 6.45 HIIT Dean / Group Ex Room	6.00 - 6.20 HIIT 20 John / Group Ex Room		

HOLIDAY SEASON: 27 JAN - 2 FEB

GROUP EXERCISE TIMETABLE

Please visit ymcanorth.org.nz for class descriptions

THE Y ELLERSLIE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Auckland Anniversary Day 27 Jan 2025	6.00 - 6.45 HIIT Simon / Group Ex Room		6.00 - 6.45 HIIT Simon / Group Ex Room			
PM		9.00 - 9.45 Muscle Max Simon / Group Ex Room	9.30 - 10.30 Activate Ingrid / Group Ex Room 10:45 - 11.45 Pilates Ingrid / Group Ex Room	9.15 - 10.15 Zumba Sonia / Group Ex Room 10.30 - 11.30 Goldfit Annie / Group Ex Room	9.00 - 9.45 Muscle Max Francis / Group Ex Room 10.15 - 11.15 Yoga Dinny / Group Ex Room	8.00 - 8.45 HIIT Caty / Group Ex Room 9.30 - 10.15 Pilates Noa / Group Ex Room	8.00 - 8.45 Muscle Max Caty / Group Ex Room 9.00 - 9.45 Pilates Caty / Group Ex Room

THE Y LAGOON							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Auckland Anniversary Day 27 Jan 2025	6.00 - 6.30 Strength Richard / Gym Floor 10.30 - 11.30 Aquafit Mans / Indoor Pool	6.00 - 7.00 Boxfit Richard / Group Ex Room 7.00 - 7.20 Core 20 Richard / Group Ex Room	6.00 - 6.30 Strength Richard / Gym Floor	6.00 - 6.45 Spin Rocky / Group Ex Room 10.30 - 11.30 Aquafit Rocky / Indoor Pool	8.30 - 9.15 Spin Frances / Group Ex Room	8.30 - 8.50 HIIT 20 Mr. Hou / Group Ex Room
PM		6.00 - 6.45 HIIT Theo / Group Ex Room 7.00 - 8.00 Pilates Olga / Group Ex Room		6.00 - 6.45 HIIT Dean/ Group Ex Room	6.00 - 6.20 HIIT 20 John/ Group Ex Room		

3 FEBRAURY RETURN TO 100% GROUP EXERCISE TIMETABLE

Please visit ymcanorth.org.nz for class descriptions

Class key

▲ Cycle

▲ Mind/body

▲ Strength

▲ Fitness

▲ Aqua

▲ Dance

▲ Senior

THE Y ELLERSLIE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6.00 - 6:45 Spin Sarah / Group Ex Room	6.00 - 6:45 HIIT Simon / Group Ex Room 9.00 - 9:45 Muscle Max Karen / Group Ex Room 10:00 - 11:00 ZumbaGold Sonia / Group Ex Room	6.00 - 7:00 Boxfit Simon/ Group Ex Room 8:00 - 9:00 Yoga Ilenia Group Ex Room 9.30 - 10:30 Activate Ingrid / Group Ex Room 10:45 - 11:45 Pilates Ingrid/ Group Ex Room	6.00 - 6:45 HIIT Simon / Group Ex Room 9:15 - 10:15 Zumba Sonia / Group Ex Room 10.30 - 11:30 Goldfit Annie / Group Ex Room	 9.00 - 9:45 Muscle Max Frances / Group Ex Room 10:15- 11:15 Yoga Ilenia/ Group Ex Room	8.00 - 8:45 HIIT Caty / Group Ex Room 9:30 -10:30 Pilates Noa / Group Ex Room	8.00 - 8:45 Muscle Max Caty / Group Ex Room 9.00 -9:45 Pilates Caty / Group Ex Room
PM	10.30 - 11:30 Goldfit Annie / Group Ex Room 12:00 - 1:00 Tai Chi Ruby / Group Ex Room 6.00 - 6:45 HIIT Caty / Group Ex Room 7.00 - 8:00 Zumba Olga / Group Ex Room	 6.00 - 6:45 HIIT Frances / Group Ex Room 7.00 - 8:00 Yoga Su / Group Ex Room	 6.00 - 6:45 Spin Sarah / Group Ex Room	 6.00 - 6:45 Muscle Max Frances / Group Ex Room 7.00 - 8:00 Pilates Ingrid / Group Ex Room	12:00 - 1:00 Tai Chi Ruby / Group Ex Room		

THE Y LAGOON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6.00 - 7.00 Boxfit Richard / Group Ex Room 7.00 - 7.20 Core 20 Richard / Group Ex Room	6.00 - 6.30 Strength Richard / Gym Floor 10.30 - 11.30 Aquafit Mans / Indoor Pool	6.00 - 7.00 Boxfit Richard / Group Ex Room 7.00 - 7.20 Core 20 Richard / Group Ex Room	6.00 - 6.30 Strength Richard / Gym Floor	6.00 - 6.45 Spin Rocky / Group Ex Room 10.30 - 11.30 Aquafit Rocky / Indoor Pool	8.30 - 9.15 Spin Frances / Group Ex Room	8.30 - 8.50 HIIT 20 Mr. Hou / Group Ex Room
PM	6.00 - 6.45 Spin Rocky / Group Ex Room 7:00 - 7:20 Core 20 Theo/ Group Ex Room	6.00 - 6.45 HIIT Theo / Group Ex Room 7.00 - 8.00 Pilates Olga / Group Ex Room		6.00 - 6:45 HIIT Dean/ Group Ex Room	6.00 - 6.20 HIIT 20 John/ Group Ex Room		

SUMMER 2025 GROUP EXERCISE TIMETABLE

Please visit ymcanorth.org.nz for class descriptions

Class key

▲ Cycle

▲ Mind/body

▲ Strength

▲ Fitness

▲ Aqua

▲ Dance

▲ Senior

THE Y ELLERSLIE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6.00am Spin 45 Sarah / Group Ex Room RETURN 3 FEBRUARY 2025	6.00 - 6:45 HIIT Simon / Group Ex Room	6.00 - 7:00 Boxfit Simon/ Group Ex Room	6.00 - 6:45 HIIT Simon / Group Ex Room		8.00 - 8:45 HIIT Caty / Group Ex Room	8.00 - 8:45 Muscle Max Caty / Group Ex Room
	9.15am Yoga Ilenia / Group Ex Room RETURN 3 FEBRUARY 2025	9.00 - 9:45 Muscle Max Karen / Group Ex Room	8.00 - 9:00 Yoga Ilenia Group Ex Room		9.00 - 9:45 Muscle Max Frances / Group Ex Room	9:30 - 10:30 Pilates Noa / Group Ex Room	9.00 - 9:45 Pilates Caty / Group Ex Room
	10.30am Goldfit Annie / Group Ex Room STARTS AT 8.30AM FROM 30 SEPTEMBER	10:00 - 11:00 ZumbaGold Sonia / Group Ex Room	9.30 - 10:30 Activate Ingrid / Group Ex Room	9:15 - 10:15 Zumba Sonia / Group Ex Room	10:15- 11:15 Yoga Ilenia/ Group Ex Room		
PM	12:00 - 1:00 Tai Chi Ruby / Group Ex Room		10:45 - 11:45 Pilates Ingrid/ Group Ex Room	10.30 - 11:30 Goldfit Annie / Group Ex Room	12:00 - 1:00 Tai Chi Ruby / Group Ex Room		
	6.00 - 6:45 HIIT Caty / Group Ex Room	6.00 - 6:45 HIIT Frances / Group Ex Room	6.00 - 6:45 Spin Sarah / Group Ex Room	6.00 - 6:45 Muscle Max Frances / Group Ex Room			
	7.00 - 8:00 Zumba Olga / Group Ex Room	7.00 - 8:00 Yoga Su / Group Ex Room		7.00 - 8:00 Pilates Ingrid / Group Ex Room			

THE Y LAGOON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6.00 - 7.00 Boxfit Richard / Group Ex Room	6.00 - 6.30 Strength Richard / Gym Floor	6.00 - 7.00 Boxfit Richard / Group Ex Room	6.00 - 6.30 Strength Richard / Gym Floor	6.00 - 6.45 Spin Rocky / Group Ex Room	8.30 - 9.15 Spin Frances / Group Ex Room	8.30 - 8.50 HIIT 20 Mr. Hou / Group Ex Room
	7.00 - 7.20 Core 20 Richard / Group Ex Room	10.30 - 11.30 Aquafit Mans / Indoor Pool	7.00 - 7.20 Core 20 Richard / Group Ex Room		10.30 - 11.30 Aquafit Rocky / Indoor Pool		
PM	6.00 - 6.45 Spin Rocky / Group Ex Room	6.00 - 6.45 HIIT Theo / Group Ex Room		6.00 - 6:45 HIIT Dean/ Group Ex Room	6.00 - 6.20 HIIT 20 John/ Group Ex Room		
	7:00 - 7:20 Core 20 Theo/ Group Ex Room	7.00 - 8.00 Pilates Olga / Group Ex Room					

Class key

-  Cycle
-  Mind/body
-  Strength
-  Fitness
-  Aqua
-  Dance
-  Senior

8.00 Cycle Charlotte / Group Ex Room
8.00 Aqua Charlotte / Group Ex Room
8.00 Mind/Body Charlotte / Group Ex Room
8.00 Dance Charlotte / Group Ex Room
8.00 Strength Charlotte / Group Ex Room
8.00 Senior Charlotte / Group Ex Room
8.00 Fitness Charlotte / Group Ex Room

This version of box is only to be used if a class has a change during the timetable period

8.00 Cycle Charlotte / Group Ex Room STARTS AT 8.30AM FROM 30 SEPTEMBER
8.00 Aqua Charlotte / Group Ex Room IN THE OUTDOOR POOL FROM 30 MAR
8.00 Mind/Body Charlotte / Group Ex Room NO CLASSES DURING SCHOOL HOLIDAYS
8.00 Strength Charlotte / Group Ex Room STARTING 30 SEPTEMBER
8.00 Strength Charlotte / Group Ex Room STARTS AT 8.30AM FROM 30 SEPTEMBER
8.00 Fitness Charlotte / Group Ex Room STARTING 30 SEPTEMBER