



- 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

GOLD FIT

Designed specifically for older adults to help maintain functional movement and improve over well-being

ACTIVATE

Total body, low impact class designed for older adults or beginners.

YOGA

Bring balance to your body, mind and spirit through the development of strength and flexibility combined with breath control and relaxation methods

PILATES

Emphasizes the balanced development of the body through core strength, controlled breathing, flexibility and awareness

ZUMBA

Combines Latin rhythms with easy-to-follow dynamic moves resulting in a fun and energizing experience

MUSCLE MAX

Improves muscle tone, excellent for weight loss and increasing bone density

ZUMBA GOLD

Same as Zumba but a lower impact class, great for beginners or seniors

HIIT

Working big muscle groups with simple unchoreographed, high intensity interval training to get quick results

SPIN

Indoor cycling that improves cardiovascular health, helps in weight loss and improves lower body muscle tone

The Y Ellerslie

46 Michaels Ave, Ellerslie, Auckland
09 579 4716 | ellerslie@ymcanorth.org.nz

ymcanorth.org.nz

Fitness

GROUP EXERCISE TIMETABLE

**THE Y ELLERSLIE & LAGOON
POOL AND LEISURE CENTRE**

AUTUMN 2025

ymcanorth.org.nz



AUTUMN 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	6.00 - 6:45 Spin Sarah / Group Ex Room	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	9.00 - 9:45 Muscle Max Frances / Group Ex Room		
	9:15 - 10:15 Yoga Ilenia/ Group Ex Room	9.00 - 9:45 Muscle Max Karen / Group Ex Room	8:00 - 9:00 Yoga Ilenia Group Ex Room	9:15 - 10:15 Zumba Sonia / Group Ex Room	10:15- 11:15 Yoga Ilenia/ Group Ex Room	8.00 - 8:45 HIIT Caty / Group Ex Room	8.00 - 8:45 Muscle Max Caty / Group Ex Room
	10.30 - 11:30 Goldfit Annie / Group Ex Room	10:00 - 11:00 ZumbaGold Sonia / Group Ex Room	9.30 - 10:30 Activate Ingrid / Group Ex Room	10.30 - 11:30 Goldfit Annie / Group Ex Room	12:00 - 1:00 Tai Chi Ruby / Group Ex Room	9:30 -10:30 Pilates Noa / Group Ex Room	9.00 -9:45 Pilates Caty / Group Ex Room
PM	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 - 7.00 Boxfit Richard / Group Ex Room	6.00 - 6.45 HIIT 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. Hao / 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 Mobility 20 Richard / Group Ex Room	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					