



- 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 LEISURE CENTRE

Summer 2025 - 26

ymcanorth.org.nz



SUMMER 2025/2026

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
EARLY MORNING	6.00 - 6:45 Spin Sarah / Group EX Room	6.00 -6:45 HIIT Duane / Group EX Room	6.00 - 7:00 Boxfit Duane / Group Ex Room	6.00 - 6:45 HIIT Duane / Group Ex Room		8.00 - 8-45 HIIT Caty / Group Ex Room	8.00 - 8:45 Muscle Max Caty / Group Ex Room
LATE MORNING	9:15 - 10:15 Yoga Ilenia/ Group Ex Room	9.00 - 9:45 Muscle Max Karen / GroupExRoom 10:00 - 11:00 ZumbaGold Sonia / GroupExRoom	9.30 - 10:30 Activate Ingrid / GroupExRoom 10:45 - 11:45 Pilates Ingrid/ Group Ex Room	9:15 - 10:15 Zumba Nupur/ GroupExRoom 10.30 - 11:30 Goldfit Annie / GroupExRoom	9.00 - 9:45 Muscle Max Frances / GroupExRoom 10:15- 11:15 Yoga Ilenia/ Group Ex Room	9:30 -10:30 Pilates Noa / GroupExRoom	9.00 -9:45 Pilates Caty / GroupExRoom
AFTERNOON	12:00 - 1:00 Tai Chi Ruby / GroupExRoom				12:00 - 1:00 Tai Chi Ruby / GroupExRoom		
EVENING	6.00 - 6:45 HIIT Caty / GroupExRoom 7.00 - 8:00 Zumba Olga / GroupExRoom	6.00 - 6:45 HIIT Frances / GroupExRoom 7.00 - 8:00 Yoga Su / GroupExRoom	6.00 - 6:45 Spin Sarah / GroupExRoom	6.00 - 6:45 Muscle Max Frances / GroupExRoom 7.00 - 8:00 Pilates Ingrid / GroupExRoom			