

**BOOK  
YOUR PLACE  
IN A CLASS  
HERE!**



Scan the QR code or click link to book:  
[The Y Massey Fitness](#)

- All classes now require booking
- 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



[ymcanorth.org.nz](http://ymcanorth.org.nz)

The Y Massey  
545 Don Buck Road, Massey, Auckland  
09 833 8100 | [massey@ymcauckland.org.nz](mailto:massey@ymcauckland.org.nz)

**Fitness**

# GROUP EXERCISE TIMETABLE

THE Y MASSEY  
LEISURE CENTRE

AUTUMN 2024

[ymcanorth.org.nz](http://ymcanorth.org.nz)



# AUTUMN 2024 GROUP EXERCISE TIMETABLE

Please visit [ymcanorth.org.nz](http://ymcanorth.org.nz) for class descriptions

## Class key

▲ Cycle

▲ Mind/body

▲ Strength

▲ Fitness

▲ Aqua

▲ Dance

▲ Senior

THE Y MASSEY							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
EARLY MORNING	6.15am Functional Fit Gym HIIT	6.15am Functional Strength Gym	6.15am Functional Fit Gym HIIT	6.15am Functional Fit Gym Hybrid	6.15am Functional Fit Gym Strength		
						8.15am <b>LES MILLS</b> Group Ex Room <b>BODYPUMP</b>	8.30am Functional Fit Gym
LATE MORNING	9.30am Functional Fit Gym HIIT	9.30am Spin Nicola / Spin Room	9.30am Functional Fit Gym HIIT	9.30am Functional Fit Gym Hybrid	9.30am Functional Fit Gym Strength	9.15am Yoga 60min Francesca/ Group Ex Room	9.15am Functional Fit Gym Mobility
	9.30am Zumba 60min Jaz / Stadium						
AFTERNOON	10.30am GoldFit Zumba Grace/ Stadium	10.30am Chair Yoga Tammy / Group Ex Room	10.30am GoldFit Zumba Jaz / Stadium	10.30am GoldFit Circuit Megan / Group Ex Room	10.30am GoldFit Zumba Grace/ Stadium		
			10.30am Functional Gold Megan / Gym				
EVENING	5.15pm Functional Fit Gym HIIT	5.15pm Functional Fit Gym Strength	5.15pm Functional Fit Gym HIIT	5.15pm COMBAT Kai / Gym	5.15pm Functional Fit Gym Strength		
	5.15pm Spin Felicia / Spin Room		5.15pm Spin Felicia / Spin Room				
	6.00 Spin Felicia / Spin Room	6.00pm <b>LES MILLS</b> Group Ex Room <b>BODYPUMP</b>	6.00pm Zumba Felicia / Group Ex Room	6.00pm <b>LES MILLS</b> Group Ex Room <b>BODYPUMP</b>			
	6.00pm Pilates 60min Siobhan/ Group Ex Room						
		7.00pm Body Balance Group Ex Room 8 Week Trial		7.00pm Yoga 60min Frankie / Group Ex Room			

Opening Hours: 6am - 9pm Mon-Fri  
8am - 4pm Sat/Sun