



YMCA GROUP FITNESS

GROWING STRONGER TOGETHER

YMCA GROUP FITNESS

Our fitness centre fosters an environment that is welcoming to all ages, all cultures, all fitness levels and all walks of life. The YMCA really does have something for everyone. At YMCA Upper Hutt we offer a fun and friendly atmosphere with great professional advice from our dedicated fitness team, all at an affordable cost. We have quality exercise equipment, free support and programmes, no contracts for memberships and fantastic group fitness classes.

www.ymcawellington.org.nz
www.facebook.com/ymcaupperhutt

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 am						Spinning Jason/Helen	
9:15 am						Thai Box Jo Ann	
9:30 am		Y-Fit Debbie	Yoga Pilates Fusion Lesley	Y-Fit Debbie			Yoga Jane
10:15 am						Kempo Karate	
11:00 am					Parkinson's Lesley		
12:10 pm			Spilates Helen		Pilates Helen		
3:30 pm		Y-Dance 5-7 yrs					
4:30 pm		Y-Dance 8 yrs +					
5:30 pm	Step Resistance Debbie	Core Xpress Lesley	Ys Boot Camp Debbie	Pilates Helen/Tarsh			
6:00 pm					Spinning Jason		
6:15 pm		Yoga Lesley				Casual prices Y-Fit, Core Express, Step Resistance, Boot Camp \$7 Spinning, Yoga, Pilates, Spilates, Thai Box \$10 Parkinsons \$3	
6:30 pm	Pilates Helen/Tarsh		Spinning Jason	Thai Box Jo Ann			
7:15 pm	Spinning Jason					Find us Somme Road, Trentham, Upper Hutt 04 527 3380	

Core Xpress

A 30 minute challenging workout focusing on the tightening and toning of core muscles. It will improve your functional strength and mobility using various muscle groups. You will really feel the benefits.

Pilates

A 45-60 minute class focusing on core muscles, flexibility and building strength. This helps to improve posture and breath control through better breathing techniques.

Spilates

A 40min Spin and Pilates fused class. Get the best of two great classes in one. Cardiovascular and endurance from spin then focusing on core strengthening and flexibility through pilates.

Spinning

This 45-50 minute class is for everybody. It will develop your cardiovascular strength and endurance like no other workout. Your instructor will lead you through different styles of rides with motivational music and class instruction.

Step Resistance

A 45 minute class. 20 minutes of stepping to get a great cardio workout, then grab your dumbbells and get an all over toning for upper and lower body. Then hit the deck and focus on abs and butt. Suitable for all fitness levels. A great way to get fit and strong.

Ys Boot Camp

A 35 minute HIT style class (intervals), using body weight exercises, a step and sometimes barbells. It lifts your intensity creating great fat burning, increasing your fitness and strength. Suitable for most fitness levels.

Y-Fit

A general low impact fitness class. Simple to follow and fun choreography. Suitable for all fitness levels. 15-20 minutes low impact cardio/simple choreography. Then grab your dumbbells and get an all over toning for upper and lower body. Then hit the deck and focus on abs and butt. A great way to get fit and strong.

Yoga

A 75 minute class that increases joint mobility and spinal flexibility. Promoting strength and breathing techniques, enhancing body, mind and spirit.

Yoga Pilates Fusion

A 60 minute class utilising the principles of both practices concentrating on flexibility and core strength through postures and conditioning exercises. Suitable for all fitness levels, yet challenging.

OPENING HOURS

Mon/Wed.....6am-8.30pm
 Tues/Thurs.....6am-9pm
 Fri6am-7pm
 Sat.....8am-12pm
 Sun.....8am-12pm & 4pm-7pm

Email upperhutt@ymca.org.nz or call 04 527 3380 to register or for more information.