



Upper Hutt Group Fitness Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am		Spinning					
8:15 am						Spinning	
9:15 am						Thai Box	
9:30 am		Y-Fit	Pilates/Stretch	Y-Fit			Yoga
11:00 am					Parkinson's		
12:10 pm	Muscle Max		Spinlates		Pilates		
3:45 pm		Y-Dance 5-7 yrs					
4:30 pm		Y-Dance 8 yrs +					
5:30 pm	Step Resistance	Muscle Max	Ys Boot Camp	Pilates 1 (5pm - 5.40pm)			
5:45pm				Pilates 2			
6:00 pm					Spinning		
6:15 pm		Yoga					
6:30 pm	Pilates		Spinning	Thai Box			
7:15 pm	Spinning						

Casual prices
 Y-Fit, Core Xpress, Boot Camp \$7
 Spinning, Yoga, Pilates, Step Resistance , Thai Box \$10
 Parkinsons \$3

Find us
 Somme Road, Trentham, Upper Hutt
 04 527 3380

Muscle Max
Build the body you want with a variety of weight bearing and body weight exercises designed to build muscle, tone the body and create definition.

Pilates
A 40-45 minute class focusing on core muscles, flexibility and building strength. This helps to improve posture and breath control through better breathing techniques.

Spinlates
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.

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

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.

Email uh@ymcawellington.org.nz or call 04 527 3380 to register or for more information.

OPENING HOURS

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