



Upper Hutt Gym Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45		Spinning					
8:15						Spinning	
9:15						Thai Box	
9:30		Y-FIT	Pilates/Stretch	Y-FIT			Yoga
11:00					Parkinsons		
12:10	Muscle max	Thai Box	Spinlates		Pilates		
3:45		Y- Dance 5-7					
4:30		Y- Dance 8+					
5:00				Pilates			
5:30	Step Resistance	Muscle max	Boot Camp				
5:45				Pilates			
6:00					Spinning		
6:15		Yoga					
6:30	Pilates		Spinning	Thai Box			
7:15	Spinning						
7:30			Salsa				

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

Find us
 Somme Road, Trentham, Upper Hutt

Class Descriptions	Salsa	Muscle max	Pilates	Boot Camp
	Let Mo show you they way of the salsa! Suitable for all abilities, a great combination of fun dance, culture and fitness	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.	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	Designed to get you up and moving! Our bootcamp will work you from your head to toes and every muscle in between!
	Spinlates	Spinning	Step Resistance	Y-Fit
	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.	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.	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.	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.
	Y's Boot Camp	Yoga	Contact Us	
	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.	A 75 minute class that increases joint mobility and spinal flexibility. Promoting strength and breathing techniques, enhancing body, mind and spirit.	Email uh@ymcawellington.org.nz or call 04 527 3380 to register or for more information.	