

YMCA Upper Hutt Gym Class Timetable 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am		Tabata Spin 30mins					
8:15 am						Spinning 45mins	
9:30 am		Y's—Fit 45mins	Pilates/Stretch 45-50mins	Y's—Fit 45mins		Thai Box @ 9:15am 45-50mins	Yoga 1hr 15mins
11.00 am					Parkinsons 45-50mins	<p>**Book online to secure your group fitness class experience at; www.ymcawellington.org.nz</p> <p>*Casual visits range from \$10. Concession cards available. Please see reception.</p> <p>Additional charge applies for; Parkinsons, Barre Pilates, Y-Dance & Salsa</p> <p>Contact us: (04) 527 3380 Email: uh@ymcawellington.org.nz</p>	
12.10pm	Muscle Max 30mins	Y's—Tone 30mins	Spinlates 40mins		Pilates 45mins		
3:45 pm		Y-Dance 5-7s 50mins					
4:30 pm		Y-Dance 8+ 50mins		Pilates @5pm 40mins	Barre Pilates @5pm 40-45mins		
5.30 pm	Step Resistance 45-50mins	Muscle Max 30mins	HIIT 30mins				
5:45 –6:00 pm				Pilates @ 5:45pm 40mins	Spin @6pm 45mins		
6:30pm	Pilates 45mins	Yoga @6:15pm 1hr 15mins	Spinning 45mins	Thai Box 45-50mins			
7:15 pm	Spinning 45mins		Salsa @ 7.30pm 60mins				



Spinning	Spinning helps develop your endurance and cardiovascular strength. You will be lead through different styles of spin along with motivational music and class instruction. Class duration: 45—50 mins.
Spinlates	Fused together is 40 minutes of Spin and Pilates! Improve fitness, core strength, flexibility and posture all in one class!
Muscle Max	Create definition, build muscle and get the body you want with a variety of body weight and weight bearing exercises.
Step Resistance	Build up coordination and fitness with step for 20 minutes and then grab the dumbbells and tone your body all over!
Y's—Tone	Get a great workout and tone up your whole body with only a stretch band or light weights! Find out how in our express Y's-Tone class!
Y's—Fit	Join in to our unique low impact fitness class. Warm up with fun and simple choreography followed by a dumbbell workout that will challenge each area of the body!
Thai Box	This class incorporates basic punches and kicks that lead into a variety of combinations, lifting the heart rate and gaining coordination through Thai Box together.
Pilates	Highly focused, controlled body movements to strengthen your posture, improve your muscle imbalances and reactivate your small muscles to optimise overall musculoskeletal function and alignment.
Yoga	Increase flexibility, joint mobility and promote strong posture through Yoga. Use breathing techniques to manage stress and to boost immunity and let the mind and body relax.
Barre Pilates	Back February 15th! Get the best core workout and create a long, strong & lean body when you combine Pilates with Ballet! The class targets every muscle group, is low impact amd low injury risk.
HIIT	A great mix of exercises designed to get you up and moving. Our bootcamp will work you from your head to your toes and every muscle in between!
Salsa	Back February 13th! Embrace the most popular Latin dance with Mo! Get all the benefits of dancing, embrace a different culture and have fun together with Salsa. Class is suitable for all abilities.
Parkinsons	A class for those with Parkinsons and their caregivers. The class is designed around functional exercises, ability and coordination to aide in fundamental everyday movements.