

EAST COAST BAYS LEISURE CENTRE

GROUP FITNESS TIMETABLE

Studio:

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
6:00am	BODYPUMP	RPM	BODYCIRCUIT	RPM	BODYPUMP	8:15am	BODYPUMP
7:00am		RPM				9:15am	BODYSTEP
9:15am	BODYATTACK	BODYSTEP	BODYCOMBAT	BODYPUMP	BODY ATTACK	10:00am	CXWORX
10:15am	BODYPUMP	CXWORX	BODYBALANCE	BODYBALANCE	BODYPUMP	10:30am	BODYBALANCE
10:30am							
11:15am	STRETCH & FLEX			ACTIVE MOVEMENT			
5:00pm	CIRCUIT	STRETCH & FLEX					
5:15pm			BODYPUMP				
5:45pm		BODYPUMP EXPRESS		CXWORX			
6:15pm	BODYATTACK	BODYSTEP	BODYATTACK	SH'BAM			
6:45pm							
7:00pm				BODYCOMBAT			
7:15pm	BODYPUMP	BODYBALANCE					

Stadium:

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
10:30am		ACTIVE MOVEMENT			STRETCH & FLEX	8:00am	RPM
						9:00am	RPM

East Coast Bays Leisure Centre
12 Bute Road, Browns Bay, Auckland
09 478 3379 | aucklandleisure.co.nz/locations
eastcoastbaysleisure@aucklandcouncil.govt.nz

Opening hours:
Monday to Friday 6am – 9pm
Saturday 8am – 6pm
Sunday CLOSED

ACTIVE MOVEMENT (60 minutes)

Enjoy a low-impact, gentle, mobility-focussed class that works out your whole body. Active Movement is ideal for seniors of all levels and abilities, including those recovering from injury.

BODYATTACK® (55 minutes)

Combining athletic aerobic movements with strengthening and stabilising exercises, this high-energy sports-inspired interval training class features a strong and motivating group dynamic.

BODYBALANCE® (55 minutes)

The Yoga, Tai Chi and Pilates workout that builds flexibility features relaxation and meditation to leave you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches and poses to music brings the body into a state of harmony and balance.

BODYCOMBAT® (55 minutes)

This fiercely energetic and empowering class is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai. Supported by driving music and powerful instructors, you'll strike, punch, kick and kata your way through calories to superior cardio fitness.

BODYCIRCUIT (55 minutes)& CIRCUIT (60 minutes)

Adaptable for all fitness levels, BODYCIRCUIT and CIRCUIT demonstrate simplicity in fitness to energizing sounds with alternating bursts of cardio exercises and toning weight stations.

BODYPUMP® (55 minutes)& BODYPUMP® EXPRESS (30 minutes)

Challenge yourself with the original barbell class that shapes, tones and strengthens your entire body. This addictive workout targets all your major muscle groups by using the best weight room exercises such as squats, presses, lifts and curls with the latest chart-topping music.

BODYSTEP® (55 minutes)

Feel liberated and alive with the energising step workout that pushes fat-burning systems into gear. Using a height-adjustable step and simple movements on, over and around the step, feel hugely motivated by sing-along music and approachable instructors.

CXWORX® (30 minutes)

The revolutionary way to train your core! Honing in on the torso and sling muscles which connect your upper body to your lower body, CXWORX® is ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

RPM® (50 minutes)

Discover the athlete within – sweat and burn with the indoor cycling workout where you ride to the rhythm of powerful music to calorie-burning endorphin highs. You'll enjoy the calorie-killing benefits of interval training as you take on the terrain, riding through hills, mountain peaks and time trials.

STRETCH & FLEX (45 minutes)

Be guided through effective stretches leaving you feeling lengthened and relieved of tension - this gentle stretch class is suitable for all ages. Designed to relax, revitalise and strengthen stiff lower backs, tight hips, tense necks and shoulders and improve all-round flexibility.

SH'BAM® (55 minutes)

Featuring simple but seriously hot dance moves, SH'BAM® is the perfect way to shape up and let out your inner star - even if you're dance challenged. Set to a soundtrack of chart-topping popular dance hits and modernised Latin beats, SH'BAM® is the ultimate fun and sociable way to exercise.