

Stanmore Bay Spring Timetable

from Saturday 21 September 2019

Group Fitness: Studio 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5.45am	GRIT STRENGTH		BODYPUMP EXP			8.15am	GRIT STRENGTH
6.15am	CXWORX		CXWORX			8.45am	BODYSTEP EXP
8.30am	GENTLE FIT*	GENTLE FIT*	GENTLE FIT*	GENTLE FIT*	GENTLE FIT*	9.15am	BODYPUMP
9.15am	LES MILLS TONE	BODYCOMBAT	BODYPUMP	IYENGAR YOGA*	BODYCOMBAT	10.15am	BODYBALANCE
10.15am	BODYPUMP	BODYBALANCE	LES MILLS TONE	BODYBALANCE	BODYPUMP		
11.15am	BODYBALANCE		IYENGAR YOGA*				
1.30pm	NEVER 2 OLD		NEVER 2 OLD		NEVER 2 OLD	Time	Sunday
4.30pm	VINYASA FLOW*					8.15am	BODYPUMP
5.15pm			YIN YOGA* 75min			9.15am	CXWORX
5.45pm	BODYCOMBAT 45	BODYPUMP 45		BODYPUMP 45	GRIT STRENGTH	9.45am	BODYBALANCE
6.30pm	CXWORX	CXWORX	GRIT STRENGTH	CXWORX		11am	YIN YOGA* 75min
7pm	BODYSTEP EXPRESS	BODYATTACK EXPRESS	CXWORX	BODYATTACK EXPRESS			
7.30pm	BODYPUMP	BODYBALANCE	BODYCOMBAT	BODYBALANCE			

Group Fitness: Studio 2 / Other

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5.45am					BOOTCAMP (Stadium)		
9.15am		YIN YOGA*		BOXFIT			
10.15am	SUPERCIRCUIT (Fitness gym)		SUPERCIRCUIT (Fitness gym)		SUPERCIRCUIT (Fitness gym)		
10.15am	YIN YOGA*				VINYASA FLOW*		
5.15pm							
5.45pm			BOXFIT		IYENGAR YOGA*		
6.30pm		BODYJAM					

Cycle Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5.45am		RPM		RPM		8.30am	RPM
9.15am	RPM			RPM	RPM		
10.15am			RPM			Time	Sunday
5.45pm	RPM		RPM			8.30am	RPM
6.30pm		RPM		RPM			

Aqua

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
8.30am	AQUA SHALLOW*	AQUA SHALLOW	AQUA SHALLOW*		AQUA SHALLOW*		
9.15am	AQUA DEEP	AQUA COMBAT	AQUA DEEP	HYDRO RUN	AQUA DEEP		
12.30pm	AQUA SHALLOW* (term time only)		AQUA SHALLOW* (term time only)				
6.30pm	HYDRO SPORT						

*Gentle exercise classes

Stanmore Bay Pool and Leisure Centre
 159 Brightside Road, Stanmore Bay
 09 424 9227 | aucklandleisure.co.nz/stanmorebay
 FB stanmorebaypools | IG stanmorebaypoolsandleisure

Opening hours
 Monday to Thursday
 Friday
 Saturday and Sunday

5.30am - 9pm
 5.30am - 8pm
 7am - 6pm



CLASS DESCRIPTIONS

LES MILLS GRIT® STRENGTH (30mins)

Using the Les Mills SMARTBAR™, weight plates and the bench, LES MILLS GRIT® Strength is an intense 30-minute team training session that will blast all major muscle groups and take your training to the next level.

LES MILLS BODYPUMP® EXPRESS, LES MILLS BODYPUMP® 45 and LES MILLS BODYPUMP® (30, 45 or 55mins)

Challenge yourself with the original barbell workout that strengthens and tones your body. Express, mid-length and full-length classes.

LES MILLS RPM® (45/50mins)

The indoor cycling workout where you ride to the rhythm of powerful music to calorie-burning endorphin highs.

LES MILLS BODYATTACK® EXPRESS (30mins)

The high energy, sports-inspired cardio workout that builds strength and stamina. Express-length classes only.

LES MILLS BODYJAM® (55mins)

Lose yourself in the dance-inspired cardio workout to the latest dance styles and the hottest new sounds.

LES MILLS BODYCOMBAT® 45 and LES MILLS BODYCOMBAT® (45 or 55mins)

The fiercely energetic martial arts workout where you are totally unleashed and empowered. Mid-length and full-length classes.

LES MILLS CXWORX™ (30mins)

Short, sharp workout designed to strengthen your core. Ideal for tightening your tummy & butt and improving functional strength.

LES MILLS TONE® (45mins)

Features the optimal mix of strength, cardio and core training. A great cross-training class. Accommodates all fitness levels. Express or full-length classes.

LES MILLS BODYBALANCE® (55mins)

The yoga, tai chi, pilates workout that builds flexibility and strength, and leaves you feeling centred and calm.

LES MILLS BODYSTEP® (55mins)

The energising step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step, you get huge motivation from sing-along music and approachable instructors.

BOOTCAMP (45mins)

Military style training and basic fitness drills to drive your fitness forward. All fitness levels welcome. Meet in the stadium.

BOXFIT (45mins)

Challenging cardio boxing workout for fitness and fun. Wraps must be worn, bring your own or buy at reception.

SUPER CIRCUIT (45mins)

Held in the fitness gym, this is a class for time-strapped people who enjoy working out with others for a total body resistance workout. Bookings essential.

NEVER2OLD (60mins)

Exercise programme for mature adults. A fitness gym based programme developed by AUT which focuses on resistance, light cardio work, flexibility and balance.

VINYASA FLOW YOGA (60mins)

A dynamic sequencing of poses integrated with the breath. A flowing practice creating heat in the body; each class is themed, unique and fun. Gentle exercise classes.

YIN YOGA (60 or 75mins)

A quiet and meditative practice with music featuring long-held floor poses to nourish connective tissue, joints and improve flexibility. Gentle exercise classes.

IYENGAR YOGA (60mins)

Emphasis on detail, precision and alignment in the practice of posture and breath control. Gentle exercise classes.

AQUAWORKS™ AQUA SHALLOW (45mins)

Rehab friendly classes on Mondays, Wednesdays (12.30pm classes are during term time only) and Fridays.

Challenge yourself to a total body workout and have fun! You control the intensity of your workout.

AQUAWORKS™ AQUA DEEP (45mins)

Cardio and muscle conditioning. Vertical workout with options to vary the intensity - fantastic for core strength. Buoyancy belts supplied.

AQUAWORKS™ HYDRO RUN (45mins)

Pure running - no impact, interval work. Sports specific class, excellent cross-training. Buoyancy belts supplied.

AQUAWORKS™ HYDRO SPORT (45mins)

Taking water fitness back to basics with a cross-training focus. Running, boxing and circuit format will give you a challenging athletic workout.

AQUAWORKS™ AQUA COMBAT (45mins)

A high-energy class that's hard hitting fun - jump in and get hooked!

GENTLE FIT (45mins)

Rehab friendly classes. Low impact activity for strength and balance, posture and coordination to help build fitness gradually in a friendly and supportive group. Wednesday class is dance-based, all other days are group fitness circuit-style classes.

Our gentle exercise programme classes offer options for everyone at a pace which suits you. Especially suitable for prehab, rehab, Green Prescription (GRx), cardiac and seniors.