



# COMMUNITY CLASSES

All classes are **FREE** unless otherwise stated

## Monday

9am Mobility 101  
10am Pyme Movers  
1pm Fitness Forward

## Tuesday

9.30am Heart Health  
11am Fit 2 Function

## Wednesday

9.30am 50's Forward **\$2**

## Thursday

1pm Y-POD

## Friday

9.30am Heart Health

## Green Prescription

Access to Gym during  
staffed hours **\$5**

**Must present Green Card**

**Y Fitness Centre**

86 79259 ext 4

[ygyim@ymcagisborne.nz](mailto:ygyim@ymcagisborne.nz)

**the**   
[ymcagisborne.org.nz](http://ymcagisborne.org.nz)



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All classes are **FREE** unless otherwise stated

## Class information

**Mobility 101:** Trainer lead gym-based session to give you confidence with gym equipment and exercise.

**Pyme Movers:** Low impact group fitness class. Includes step, weights, spin and stretching.

**Fitness Forward:** Low to moderate impact aerobics class.

**Heart Health:** A fun circuit that caters to all levels of fitness. Great for cardiovascular health.

**50's Forward:** Low impact aerobics class.

**Y-Pod:** A circuit class designed to build exercise confidence, fitness and wellness.

**Fit 2 Function:** This class is designed to support those recovering or living with the effects of a stroke.

**Green Prescription:** Discounted access to the gym during staffed hours.

### Staffed Hours:

Mon-Fri 6am-8pm

Saturday 8am-1pm