

FREE COMMUNITY CLASSES

Monday

9am Mobility 101
10am Pryme 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

All classes are FREE unless otherwise stated

Y Fitness Centre

447 Childers Road

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the 
ymcagisborne.org.nz

FREE COMMUNITY CLASSES

Class information

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

Pryme 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.

All classes are FREE unless otherwise stated

Staffed Hours:

Mon-Fri 6am-8pm
Saturday 8am-1pm

