

**Dance with Jai:**  
Combines various styles of dance with easy to follow moves creating dynamic dance based exercise.

**Pilates:**  
Focus on balanced full body work through core strength, controlled breathing, flexibility & awareness

**Muscle Sculpt:**  
Uses a variety of exercises to sculpt your body shape. Focus on tone, shape and overall fitness

**Sit-Fit:**  
Beginners Community Group Exercise class with an emphasis on movement and participation

**Burn:**  
This is our workout of the week designed by our trainers. Be ready for a fun, tough and challenging workout

**Yoga:**  
Develop your strength and flexibility whilst focusing on breath control and relaxation

**Express Fit:**  
Circuit style class incorporating a range of body weight and functional exercises into a fun workout

**Baby Bootcamp:**  
Bring your baby along for a low impact, energetic workout with other parents

**Box n Burn:**  
High energy class focusing on boxing technique, speed and cardio drills

**Active Seniors:**  
Group Exercise programme for the over 60's focus on functional easy to follow exercise

**Muscle Max:**  
Weight training class designed to increase strength, bone density and muscle mass across the entire body

**Play Strong:**  
Group training class for kids! Focus on fun game based exercise in a supportive environment

**Y-Gold:**  
Gym based class for the over 60's focus on functional exercise to support an active independent lifestyle

**Spinning:**  
High energy class that will see you doing anything from endurance, strength or sprint exercises

**Yogalates:**  
Combination of Yoga and Pilates. Develop core strength, tone, breathing, flexibility & awareness

**Fitness On Demand: COMING SOON!**  
Choose from over 100 virtual classes of all types

YMCA Mt Albert Community & Leisure Centre  
09 – 846 – 0788  
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# GROUP EXERCISE TIMETABLE



# YMCA Mt Albert Community & Leisure Centre

| Time   | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY                         |
|--|---|---|---|---|--|---|--------------------------------|
| Early Morning  | Express Fit {6:00}<br>Caty<br>Spinning {6:00}<br>Josie<br>Y-Gold {8:15}<br>Nicola         | +Box N Burn {6:00}<br>Jeremy<br>Bootcamp {6:00}<br>Jaz<br>#Burn {8:30}<br>Rachel                            | Pilates {6:00}<br>Caty<br>Spinning {6:00}<br>Nicola<br>Y-Gold {8:15}<br>Nicola        | Express Fit {6:00}<br>Caty<br>Bootcamp {6:00}<br>Jaz<br>#Burn {8:30}<br>Nicola      | Pilates {6:00}<br>Nicola<br>Y-Gold {8:15}<br>Nicola<br>#Burn {8:30}<br>Scott | Muscle Max {8:15}<br>Karen<br>#Burn {8:30}<br>Rachel      | #Burn {8:30}<br>Alex           |
| Mid Morning  | Muscle Max {9:30}<br>Jenny<br>+ Yoga {10:45}<br>Dianna                                    | Pilates {9:30}<br>Jenny<br>Spinning {9:30}<br>Jaz<br>< Active Seniors {10:45} Ngairene                      | Express Fit {9:30}<br>Jaz<br>Y-Gold {10:45}<br>Nicola                                 | Yogalates {9:30}<br>Jimmy<br>< Sit Fit {10:45am}<br>Evelyn                          | Pilates {9:30}<br>Jenny<br>Spinning {9:30}<br>Jaz<br>+Yoga {10:45}<br>Dianna | Spinlates {8:15}<br>Jeremy<br>Box N Burn {9:15}<br>Jeremy |                                |
| Lunch  | Jumpstart {11:00}<br>Nicola   |   |   |   |  |   | +Play Strong {1:00}<br>Claudia |
| Afternoon  |   | +Play Strong {4:00}<br>Claudia  |   | +Play Strong {4:00}<br>Rachel   |  |   |                                |
| Evening  | Muscle Max {5:30}<br>Jeremy<br>Muscle Sculpt {6:30}<br>Karen<br>Spinning {6:30}<br>Jeremy | Spinning {5:30}<br>Brian<br>Express Fit {5:45}<br>Karen<br>#Burn {6:00}<br>Claudia<br>+ ZUMBA {6:30} Alison | Jumpstart {5:15}<br>Nicola<br>Muscle Max {5:30}<br>Karen<br>Yogalates {6:30}<br>Jimmy | +Box N Burn {5:30}<br>Claudia<br>#Burn {6:00}<br>Rachel<br>Spinning {6:30}<br>Annie |  |   |                                |
| Late Evening   |   | Yoga {7:30pm}<br>Dianna   |   |   |  |   |                                |
| Classes with < are Targeted Health // Classes with + are Family Friendly<br>// Bootcamp is specialized PT at an additional cost // Classes with # are 30 min sessions in the gym |   |   |   |   |  |   |                                |

Visit our website for class descriptions [www.ymcauckland.org.nz](http://www.ymcauckland.org.nz)