

<p>ZUMBA: Combines various styles of dance with easy to follow moves creating dynamic dance based exercise.</p>	<p>Pilates: Focus on balanced full body work through core strength, controlled breathing, flexibility & awareness</p>	<p>Muscle Sculpt: Uses a variety of exercises to sculpt your body shape. Focus on tone, shape and overall fitness</p>
<p>Sit-Fit: Beginners Community Group Exercise class with an emphasis on movement and participation</p>	<p>Burn: This is our workout of the week designed by our trainers. Be ready for a fun, tough and challenging workout</p>	<p>Yoga: Develop your strength and flexibility whilst focusing on breath control and relaxation</p>
<p>Express Fit: Circuit style class incorporating a range of body weight and functional exercises into a fun workout</p>	<p>Jumpstart: Healthy lifestyle class aimed at those with Pre-Diabetes/Diabetes looking for positive lifestyle change</p>	<p>Box n Burn: High energy class focusing on boxing technique, speed and cardio drills</p>
<p>Active Seniors: Group Exercise programme for the over 60's focus on functional easy to follow exercise</p>	<p>Muscle Max: Weight training class designed to increase strength, bone density and muscle mass across the entire body</p>	<p>Play Strong: Group training class for kids! Focus on fun game based exercise in a supportive environment</p>
<p>Gold Fit: Gym based class for the over 60's focus on functional exercise to support an active independent lifestyle</p>	<p>Spinning: High energy class that will see you doing anything from endurance, strength or sprint exercises</p>	<p>Yogalates: Combination of Yoga and Pilates. Develop core strength, tone, breathing, flexibility & awareness</p>
<p>Fitness On Demand: COMING SOON! Choose from over 100 virtual classes of all types</p>		

YMCA Mt Albert Community & Leisure Centre

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	Express Fit {6:00} Caty Spinning {6:00} Josie Gold Fit {8:15} Nicola	+Box N Burn {6:00} Jeremy Bootcamp {6:00} Jaz #Burn {8:30} Rachel	Pilates {6:00} Caty Spinning {6:00} Nicola Gold Fit {8:15} Nicola	Express Fit {6:00} Caty Bootcamp {6:00} Jaz #Burn {8:30} Nicola	Pilates {6:00} Nicola Gold Fit {8:15} Nicola #Burn {8:30} Scott	Muscle Max {8:15} Karen #Burn {8:30} Rachel	#Burn {8:30} Alex
Mid Morning	Muscle Max {9:30} Jenny + Yoga {10:45} Diana	Pilates {9:30} Jenny Spinning {9:30} Jaz < Active Seniors {10:45} Ngairene	Express Fit {9:30} Jaz Gold Fit {10:45} Nicola	Yogalates {9:30} Jimmy < Sit Fit {10:45am} Evelyn	Pilates {9:30} Jenny Spinning {9:30} Jaz +Yoga {10:45} Diana	Spinlates {8:15} Jeremy Box N Burn {9:15} Jeremy	
Lunch	Jumpstart {11:00} Nicola						+Play Strong {1:00} Alex
Afternoon		+Play Strong {4:00} Claudia		+Play Strong {4:00} Rachel			
Evening	Muscle Max {5:30} Jeremy Muscle Sculpt {6:30} Karen Spinning {6:30} Jeremy	Spinning {5:30} Brian Express Fit {5:45} Karen #Burn {6:00} Claudia + ZUMBA {6:30} Alison	Jumpstart {5:15} Nicola Muscle Max {5:30} Karen Yogalates {6:30} Jimmy	+Box N Burn {5:30} Claudia #Burn {6:00} Rachel Spinning {6:30} Annie			
Late Evening		Yoga {7:30pm} Diana				Note: We have a very exciting new feature to our group exercise! Fitness On Demand is COMING SOON!	
Classes with < are Targeted Health // Classes with * are FOD Virtual Classes // Classes with + are Family Friendly // 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