

BoxnBurn:
High energy class focusing on boxing technique, speed and cardio drills

Step Power:
High and low intensity patterns with easy to follow choreography, perfect for burning fat and toning up

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

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

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

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

Jumpstart:
10 week exercise & lifestyle programme for people with diabetes

Power Play:
Circuit style class incorporating a range of body weight and functional exercises into a fun workout

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

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

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

Zumba:
Combines Latin rhythms with easy to follow moves creating dynamic dance based exercise.

Never2Old:
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

Kids Club:
Group training class for kids! Focus on fun game based exercise in a supportive environment

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



Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	Pilates {6am} Caty Spinning {6am} Josie N2O {8:15am} Nicola	+Box N Burn {6am} Jacob Bootcamp {6am} Jaz	Muscle Max {6am} Caty Spinning {6am} Nicola N2O {8:15am} Nicola	Power Play {6am} Caty Bootcamp {6am} Jaz	Pilates {6am} Nicola #Burn {6:30am} Scott N2O {8:15am} Nicola	Muscle Max {8:15} Karen Spinning {8:15am} Jeremy #Burn {8:30am} Jacob	Pilates {6am} Caty Spinning {6am} Josie N2O {8:15am} Nicola
Mid Morning	Muscle Max {9:30} Jenny Yoga {10:45am} Dianna	Pilates {9:30am} Jenny Spinning {9:30am} Jaz Active Seniors {10:45} Ngairene	Power play {9:30am} Jaz N2O {10:45am} Nicola	Yogalates {9:30am} Jimmy Sit Fit {10:45am} Evelyn	*Pilates {9:30am} Jenny Spinning {9:30am} Jaz #Burn {9:30am} Scott +Yoga {10:45am} Dianna	+Box N Burn {9:15} Jeremy	+Kids Club {9:00am} Claudia
Lunch	Jumpstart {11:00} Nicola						
Afternoon				+Kids Club {4:00pm} Claudia			
Evening	Muscle Max {5:30} Jeremy Step Power {6:30} Karen Spinning {6:30pm} Jeremy	#Burn {6:00pm} Claudia Muscle Max {6:30pm} Karen	Muscle Max {5:30pm} Karen Jumpstart {5:30pm} Nicola +ZUMBA {6:30pm} Eddie Yogalates {6:30pm} Jimmy	+Box N Burn {5:30pm} Jacob #Burn {6:00pm} Claudia Spinning {6:30pm} Annie			
Late Evening		Yoga {7:30pm} Dianna					

Green Classes with < are Targeted Health // Blue Classes with + are Family Friendly // Purple Classes with * are Women's Only
 // Bootcamp is a specialized PT at an additional cost // Burn Classes with # are 30 min sessions in the gym