

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

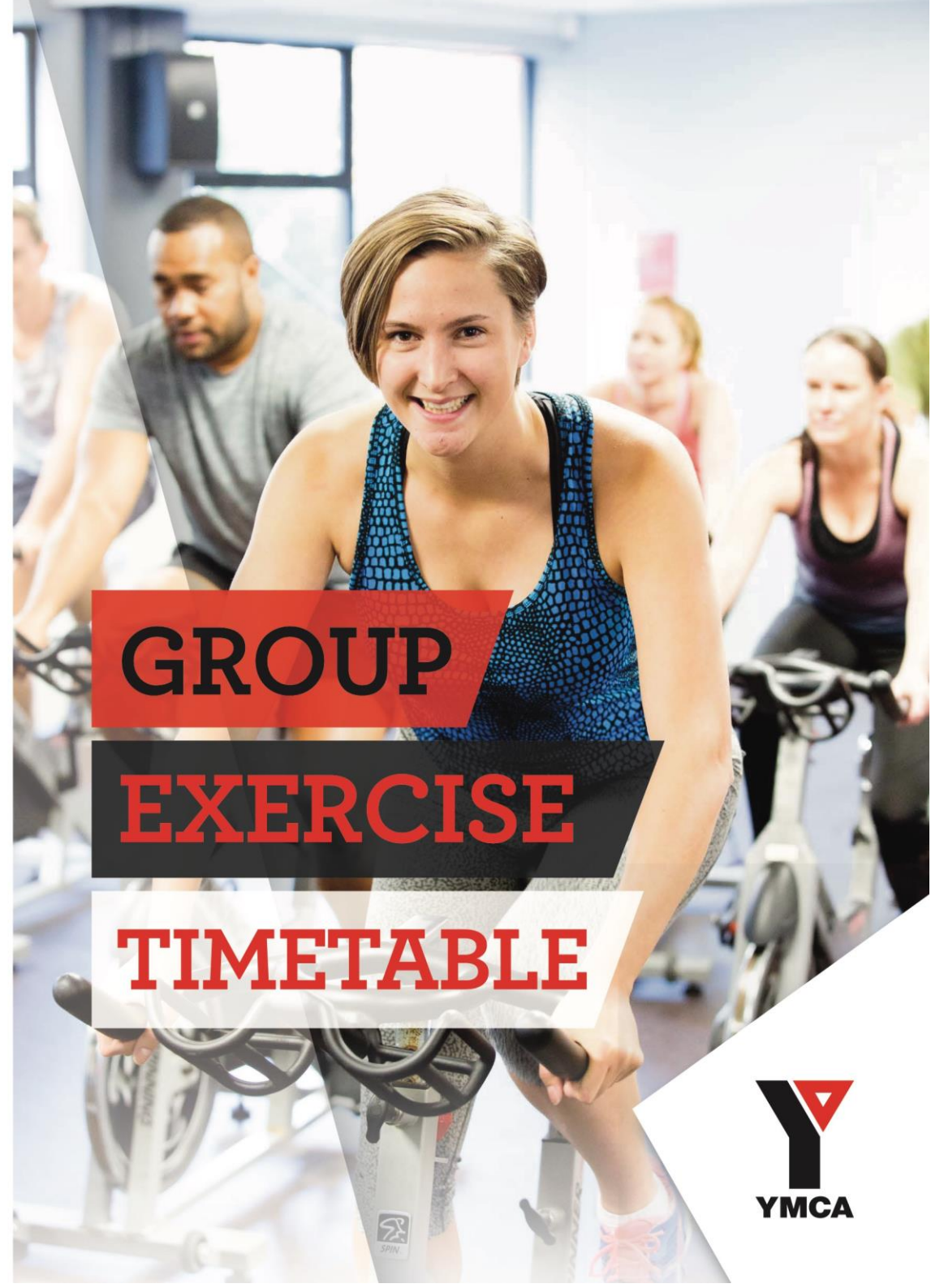
Y-Gold:
Gym based class for the over 60's focus on functional exercise to support an active independent lifestyle

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} Caty Spinning {6:00} Josie Y-Gold {8:15} Nicola	+Box N Burn {6:00} Jeremy Bootcamp {6:00} Jaz #Burn {8:30} Scott	Pilates {6:00} Caty Spinning {6:00} Nicola Y-Gold {8:15} Nicola	Express Fit {6:00} Caty Bootcamp {6:00} Jaz #Burn {8:30} Angela	Pilates {6:00} Nicola Y-Gold {8:15} Nicola #Burn {8:30} Scott	Muscle Max {8:15} Karen #Burn {8:30} Rachel	#Burn {8:30}
Mid Morning	Muscle Max {9:30} Jenny + Yoga {10:45} Dianna	Pilates {9:30} Jenny Spinning {9:30} Jaz < Active Seniors {10:45} Ngairene	Express Fit {9:30} Jaz Y-Gold {10:45} Nicola Baby Bootcamp {11:00} Sian	Yogalates {9:30} Jimmy < Sit Fit {10:45am} Evelyn	Pilates {9:30} Jenny Spinning {9:30} Jaz +Yoga {10:45} Dianna	Spinlates {8:15} Jeremy Box N Burn {9:15} Jeremy	
Lunch	Jumpstart {11:00} Nicola						+Play Strong {1:00} Claudia
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} Shaan Express Fit {5:45} Karen #Burn {6:00} Claudia + Dance with Jai {6:30} Jai	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} Dianna				Note: We have a very exciting new feature to our group exercise! Fitness On Demand – Virtual Classes!	
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