

**Zumba**  
a fitness program that combines Latin and international music with dance moves

**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

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

**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

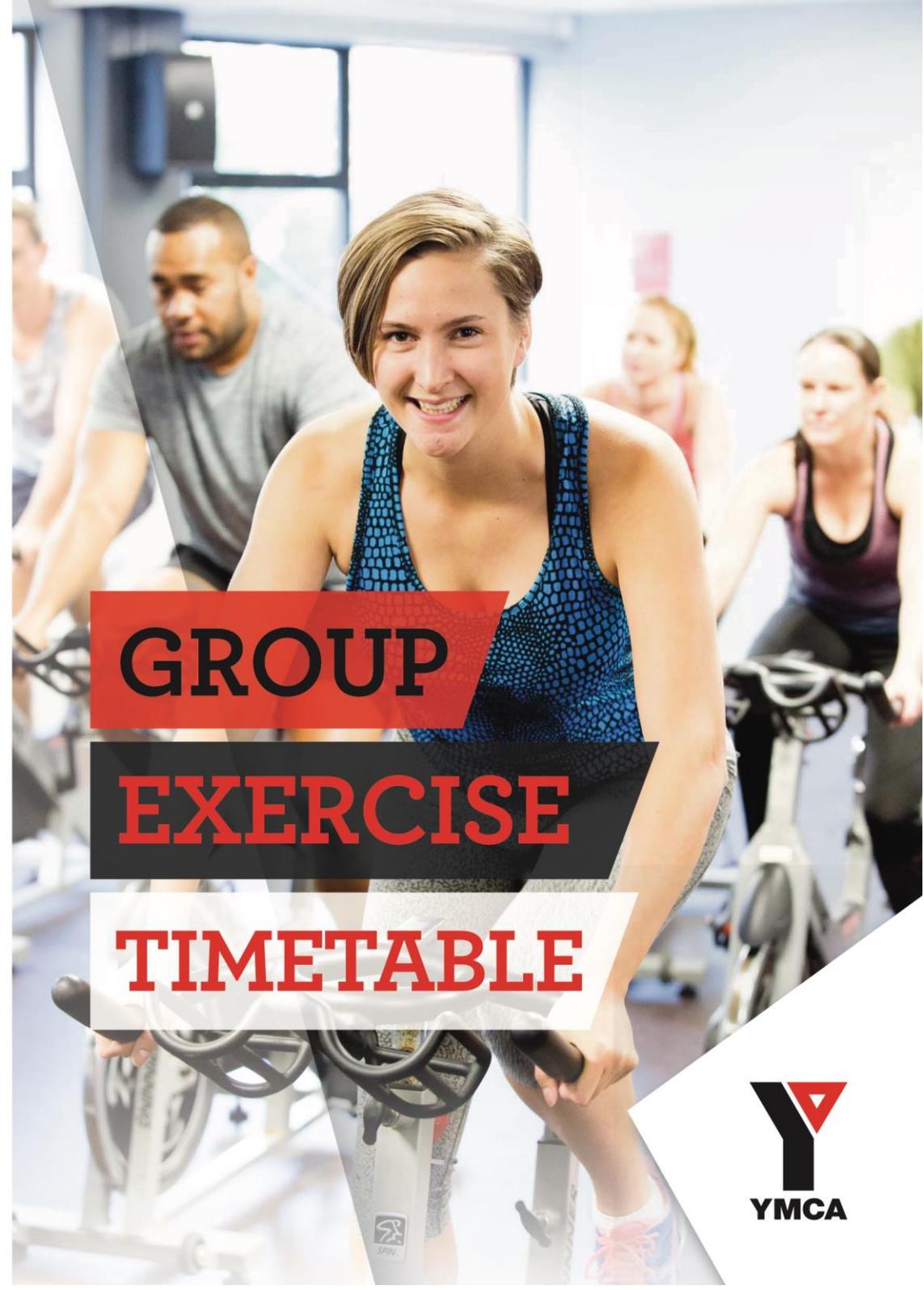
**Play Strong:**  
Group training class for kids! Focus on fun game based exercise in a supportive environment

**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

**Core Power:**  
Low impact core strengthening training session includes balance and functional movements.

YMCA Mt Albert Community & Leisure Centre  
09 – 846 – 0788  
mtalbert@ymcauckland.org.nz



**GROUP**

**EXERCISE**

**TIMETABLE**



# YMCA Mt Albert Community & Leisure Centre

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	<b>Express Fit {6:00}</b> Caty <b>Spinning {6:00}</b> Josie <b>Goldfit {8:15}</b> Nicola & Jenny	<b>#Burn {8:30}</b>	<b>Pilates {6:00}</b> Caty <b>Spinning {6:00}</b> Nicola <b>Goldfit {8:15}</b> Nicola & Claudia	<b>Core Power {6:00}</b> Caty <b>#Burn {8:30}</b>	<b>Pilates {6:00}</b> Nicola <b>Goldfit {8:15}</b> Nicola & Jenny <b>#Burn {8:30}</b>	<b>Muscle Max {8:15}</b> Karen <b>Spinning {8:15}</b> Josie <b>#Burn {8:30}</b>	<b>NEW!!</b> <b>+ Yoga {8:00}</b> Jagriti <b>#Burn {8:30}</b> Alex
Mid Morning	<b>Muscle Max {9:30}</b> Jenny <b>+ Yoga {10:45}</b> Dianna	<b>Pilates {9:30}</b> Jenny <b>Active Seniors {10:45}</b> Ngairene	<b>Express Fit {9:30}</b> Claudia <b>Goldfit {10:45}</b> Nicola & Claudia	<b>Yogalates {9:30}</b> Jimmy <b>&lt; Sit Fit {10:45am}</b> Evelyn	<b>Pilates {9:30}</b> Jenny <b>Spinning {9:30}</b> Jaz <b>+Yoga {10:45}</b> Dianna		
Lunch	<b>Jumpstart {11:00}</b> Nicola						<b>+Play Strong {1:00}</b> Alex
Afternoon		<b>+Play Strong {4:00}</b>		<b>+Play Strong {4:00}</b>			
Evening	<b>Box N Burn {5:30}</b> Jeremy <b>Muscle Sculpt {6:30}</b> Karen <b>Spinning {6:30}</b> Jeremy	<b>Express Fit {5:30}</b> Karen <b>#Burn {6:00}</b>	<b>Muscle Max {5:30}</b> Karen <b>#Burn {6:00}</b> <b>Yogalates {6:30}</b> Jimmy	<b>#Burn {6:00}</b> <b>Spinning {6:30}</b> Annie			
Late Evening		<b>Yoga {7:30pm}</b> Dianna					
// Classes with + are Family Friendly    Classes with < are Targeted Health // Classes with # are 30 min sessions in the gym							

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