



# GROUP EX **TIMETABLE**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning	<b>6.00am Pilates</b> Caty  <b>6.30am XpressFit</b> Trainer	<b>6.00am Spin</b> Grant  <b>6.30am XpressFit</b> Trainer	  <b>6.30am XpressFit</b> Trainer	<b>6.00am Spin</b> Rachel  <b>6.30am XpressFit</b> Trainer	<b>6.00am MuscleSculpt</b> Caty  <b>6.30am XpressFit</b> Trainer		
Mid Morning	<b>9.30am Pilates</b> Cecilia	<b>9.30am Tai Chi</b> Orlando	<b>9.15am ZumbaGold</b> Ricky	<b>9.30am Tai Chi</b> Orlando	<b>9.30am Pilates</b> Coco  <b>10.30am DanceBallet</b> Jai	<b>9.30am Pilates</b> Caty	
Lunchtime	<b>12.15pm MuscleMax</b> Jai	<b>12.15pm Spin</b> Rachel	<b>12.15pm Pilates</b> Jenny	<b>12.15pm Box &amp; Burn</b> Mateo	<b>12.15pm Tabata</b> Dani		
Afternoon	<b>5.30pm XpressFit</b> Trainer	<b>5.30pm XpressFit</b> Trainer	<b>5.30pm XpressFit</b> Trainer	<b>5.30pm XpressFit</b> Trainer	<b>5.30pm XpressFit</b> Trainer		
Evening	<b>6.00pm Yoga</b> Claire	<b>6.00pm Zumba</b> Ricky	<b>6.00pm Yoga</b> Claire	<b>6.00pm DanceJazz</b> Jai			

YMCA Auckland City 149 Greys Ave, Auckland CBD

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Center Opening Hours

Mon - Thur 5.30am - 9pm | Fri 5.30am - 8pm | Sat - Sun 8am to 4pm

# Whats your health and fitness goal?

Choose classes that will help you get there!

## CLASS DESCRIPTIONS

### Get Fitter

Spin | Tabata | XpressFit | Box & Burn |

### Get Stronger

XpressFit | Tabata | Box & Burn |  
MuscleMax

### Get Leaner

Spin | MuscleMax | Tabata |  
Box & Burn | XpressFit

### Improve Mindfulness

Yoga | Pilates | Tai Chi |  
DanceBallet

### Tai Chi 60min

For all levels. A Chinese martial art practice that focuses on balance, mobility and coordination.

### SPIN 60min

Indoor cycling to fun upbeat music! This class focuses on improving endurance and strength through high intensity intervals using a special stationary exercise bike.

### MUSCLEMAX 60min

A barbell workout for anyone looking to get toned and fit – fast. Using moderate loads with lots of repetition, this full body session will be sure to get you looking and feeling great!

### DANCEBALLET 60min

Work on your tendus, plie, port de bras for better posture, flexibility and balance. This dance session is open to all levels and ages!

### YOGA 60min

A class that focuses on flexibility and mobility. Work through mental, and spiritual practices to keep your mind and body connected.

### PILATES 60 min

#### XPRESS PILATES 45mins

This class focuses on correct body alignment, core strength and flexibility through low-impact movements.

#### TABATA 45min

Utilising HIIT training with short rest periods. This high intensity session is a game changer for those wanting to improve overall fitness, and strength.

#### BOX & BURN 45min

A boxing inspired, circuit based class to get the blood flowing. This class will get you feeling mentally and physically stronger through bag and pad work.

#### XPRESSFIT 30min

Multi-body movements to get you feeling fitter and stronger for those with tight schedules. A circuit based session that will leave you feeling great!

### GOLDFIT 60min

#### Mon | Wed | Fri

9:15am - 10:15am OR

10:30am - 11:30am

Our 60+ programme is aimed at supporting healthy living for the young at heart. This session starts with a group warm up, followed by individual programme and finished with a group cool down.

**BLACK CLASSES** - are our group exercise classes led by an instructor in the group exercise studio or spin studio.

**RED CLASSES** - are our trainer led small group training sessions located in our functional training zone.

All lunchtime classes run for 45mins