



SUMMER TIMETABLE

AUCKLAND CITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning		6:00am Spin 6:00am Pilates 7:00am Muscle Max	6:30am BASE 7:00am Powerplay	6:00am Spin 7:00am Core Power	6:00am MuscleMax 6:30 Xpressfit 7:00am Pilates		
Mid Morning	9:15am Pilates 10:30am Xpress Pilates	8:30am Xpressfit 9:30am Tai Chi		8:30am Xpressfit 9:30am Tai Chi	9:30am Pilates 10:30am Dance with Jai	9:30am Pilates	9:30am Yoga
Lunchtime	12:15pm MuscleMax	12:15pm Spin	12:15pm Xpress Pilates	12:15pm Box & Burn	12:15pm Tabata - Power Play		
Afternoon	2pm - 4pm Casual Basketball	2pm - 4pm Casual Basketball	2pm - 4pm Casual Basketball	2pm - 4pm Casual Basketball	2pm - 4pm Casual Basketball		
Evening	5:30pm Xpressfit 6:00pm Yoga	5:30pm BASE 6:00pm Dance with Jai 7pm MuscleMax	5:30pm Box & Burn 6:00pm Yoga	6:00pm Dance with Jai 7:00pm Core Power			

YMCA Auckland City 149 Greys Avenue Auckland CBD
09 303 2069 | aucklandcity@ymcauckland.org.nz

Center opening times
Mon - Thu 5:30am-9:00pm | Fri 5:30am - 8pm
Sat to Sun: 8:00am to 4:00pm

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CLASS DESCRIPTIONS

MUSCLEMAX 45min

A barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, full body training.

VIRTUAL 20-60min (subject to room availability)

Using Fitness on Demand to find the workout just right for all levels and intensity for a great motivating way to workout.

TABATA 40min

Utilising HIIT training with short rest periods. Tabata is the perfect for improving aerobic capacity and body weight strength.

GOLDFIT 45min

An award winning 60+ programme aimed at supporting healthy living for the young at heart. A group warm up, followed by individual programme and finished with a group cool down.

ALL LUNCHTIME CLASSES ARE 45 MIN

Tai Chi 60 min

For all levels. A Chinese martial art practiced for both its defense training, its health benefits and meditation. Balance, mobility and coordination grouped together to form fluid movements harmonizing body and mind.

DANCE with JAI 60 min

Modern dance to hits. Keeping the body moving and mind focused. Fun for all levels of fitness

YOGA 60 min

For all levels. Flexibility and mobility, a group of physical, mental, and spiritual practices or disciplines to keep you mind and body connected.

PILATES 45 min

Consisting of low-impact flexibility, muscular strength and endurance movements. It emphasizes proper body alignment, core strength and muscle balance

COREPOWER 40 min

Low impact core strengthening training session includes balance and functional movements

BASE 25min

Training course perfect for newcomers and those wishing to learn techniques in lifting and movement using gym equipment.

XPRESSFIT 25min

Multi movements for the whole body. Full body workout. No two the same.

SPIN 60 min

Indoor cycling, focusing on endurance, strength, intervals, high intensity and recovery using a special stationary exercise bike

POWERPLAY 45 min

A form of interval training, cardiovascular exercise strategy alternating short periods of intense exercise with endurance then recovery periods. Great for fat burning.

***ALL EQUIPMENT PROVIDED**