

Class Description		
40-60% INTENSITY	60-70% INTENSITY	70-90% INTENSITY
PILATES Focuses on the balanced development of the body through efficient movement	MUSCLE SCULPT A variety of weight bearing and body weight exercises to sculpt your body shape.	BOX & BURN A high energy class focusing on boxing technique and strength drills
YOGA Best known as a mental and physical discipline.	HALF & ½ Hybrid Spin class combining different forms of training for a whole body experience.	SPINNING The original indoor cycling experience.
CORE POWER Incorporating core and functional training techniques.	XPRESS-FIT A high energy workout that makes you feel alive and is perfect for fat burning.	BLASTHT Bootcamp Training 6-wk course that challenges all fitness levels. *\$6PS
TAI CHI Focuses on gentle, flowing movements for your mind & body	LUNCH RUN Join like-minded runners in a social run group designed for beginner to intermediate	TABATA A form of High Intensity Interval Training that increases your metabolic rate.
DANCE with JAI Fusion of Jazz dance style including cardio, flexibility and movement.	Virtual DANCE AND SWEAT Shake and move to the beat with this dynamic virtual class	Virtual SHRED Ready to push yourself and get TAI BO results? Prepare to Dig Deep and have fun in this high-intensity cardio workout.
Virtual YOGA This yoga practice includes holds in postures which are great to do at night to help wind down	Virtual PILOXING Improves heart and lung function, and increases your determination to be fit for life.	Virtual TONE IT UP Uses yoga and sport in a refreshing and unique journey featuring traditional yoga poses and sport-influenced movements including plyometrics and strength exercises.
Virtual ABS AND CORE This is an all-around core class based on some of the elements found in Pilates and Yoga	Virtual DOONYA Mixed Martial Art athletic training set to motivating music, made to fit in an express time slot.	Virtual XTREMEBurn Learn how to be efficient and effective in delivering great music, motivating exercises and amazing results.



GROUP

EXERCISE

TIMETABLE

YMCA Auckland City Timetable 21st September 2017

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	6:00AM Half and ½- Nick 7:00am Core Power - Jai	6:00am Spin - Grant 6:00am Box & Burn - Caty 7:00am Xpress Pilates- Caty	6:15am Yoga - Sally 6:30am BlastHT	6:00am Spin - Grant 7:00am Core Power- Ben	6:00am Muscle Sculpt - Caty 6:30am BlastHT 7:00am Xpress Pilates- Caty		
Mid Morning	9:15AM Pilates - Caty 10:30AM Pilates - Caty 9:15am-11:30am Never2old	8:00am Jumpstart - Caty 8:30am XPRESS-Fit - Caty 9:30am Tai Chi - Orlando	9:15am-11:30am Never2old	8:00am Jumpstart - Caty 8:30am XPRESS-Fit - Caty 9:30am Tai Chi - Orlando	9:15am-11:30am Never2old	8:30am Yoga	
Lunch	12:15PM Muscle Sculpt - Caty 12:15PM Lunch Run - Rachel	12:15pm Spinning - Rachel	12:15pm PowerPlay - Caty 12:15pm Lunch Run - Rachel	12:15pm Muscle Sculpt - Caty	12:15pm Tabata - Caty 12:15pm Lunch Run - Rachel		
Afternoon	5:15pm Virtual HIIT	5:15pm Virtual Yoga	3:30pm Virtual Abs and Core 5:15pm Virtual HIIT	5:15pm Virtual Yoga	5:15pm Virtual XPRESS-Core		3:00pm Half & 1/2
Evening	5:30pm Box & Burn – Liam 6:00pm Yoga - Kimberly	6:00pm BlastHT 6:00pm Yoga - Sally	5:30pm Box & Burn - Liam	6:00pm Shred with Shane 6:00pm Dance with Jai			
Late Evening	7:10pm Virtual Yoga	7:10pm Virtual Yoga	6:00pm Virtual Dance and Sweat	7:10pm Virtual Tone it Up			

Virtual Classes in Studio

Live Classes in Studio

Live Group Classes in Functional Zone