

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

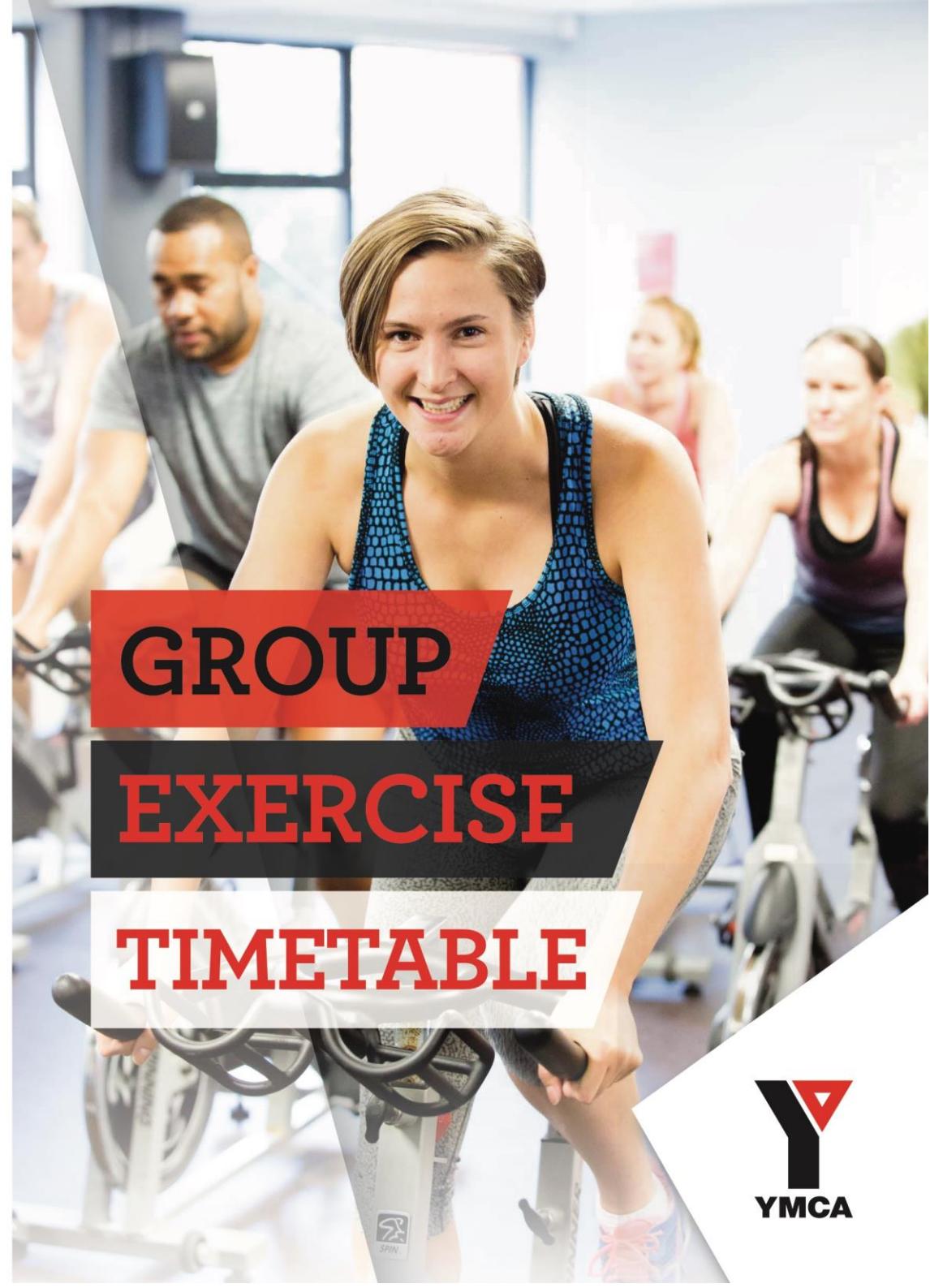
Y-Gold:  
Gym based class for  
the over 60's focus on  
functional exercise to  
support an active  
independent lifestyle

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  
mtalbert@ymcaauckland.org.nz



# 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} Rachel	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} Nicola	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} Alex
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	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} Brian Express Fit {5:45} Karen #Burn {6:00} Claudia + ZUMBA {6:30} Alison	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					
Classes with < are Targeted Health // 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.ymcaauckland.org.nz](http://www.ymcaauckland.org.nz)