



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP & WATER EXERCISE SCHEDULE

A. C. LEWIS YMCA

Spring 2020
 March

FITPATH

Learn about the Y and set goals with our fitness staff. Sign up for this free assessment at our front desk.

Personal Training

Get the expertise you need to achieve your goals with the different packages we offer.

FireStarter

New Members Only 3 (30 minute) sessions with a Personal Trainer. 30-minute Complimentary Nutrition Session with Baton Rouge General

To minimize disruption and to receive an adequate warm-up, the instructor may advise against participation for late comers to class. Please arrive on time.

Schedule is subject to change without notice. Please call 924-3606 to confirm a class date and time.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:45a Body Sculpting Marsha-gym	6:30-7:30a Sunrise Yoga Mack	5:45-6:45a Body Sculpting Marsha-gym	6:30-7:30a Sunrise Yoga Mack	5:45-6:45a Body Sculpting Marsha-gym	6:30-7:30a Sunrise Yoga Mack		
8:00-8:55a Vinyasa Yoga Susan K	8:00-8:55a Circuit Training Sheri	8:00-8:55a Vinyasa Yoga Susan K	8:00-8:55a Circuit Training Sheri	8:00-8:55a Vinyasa Yoga Susan K	8:00-8:55a Vinyasa Yoga Susan K	8:00-9:00a Yoga Broc	
9:00-10:00a H.A.B.I.T Terri-gym	9:00-9:55a Pilates Mack	9:00-10:00a H.A.B.I.T Marsha -gym	9:00-9:55a Pilates Mack	9:00-10:00a H.A.B.I.T Marsha -gym	9:00-10:00a Step Cardio Terri	9:00-9:30a GTS Connie	
9:00-10:00a Water Wellness Janet	9:30-10:30a Water Walkers Jo	9:00-10:00a Water Wellness Ida	9:30-10:30a Water Walkers Jo	9:00-10:00a Water Wellness Ida	9:00-10:00a Water Wellness Ida	9:45-10:45a Step Cardio Connie	
10:00-11:00a Aqua Core-dio Patsy		10:00-11:00a Aqua Core-dio Patsy	10:00-11:00a Aqua Core-dio Patsy		10:00-11:00a Aqua Core-dio Patsy		
		10:00-10:55a Cardio Line Dance Jackie					
11:00-12:00p Deep Water Fit Patsy		11:00-12:00p Deep Water Fit Patsy			11:00-12:00p Deep Water Fit Patsy		
11:00-11:55a Active Older Adults Ashly		11:00-11:55a Active Older Adults Ashly			11:00-11:55a Active Older Adults Ashly		
11:30-12:30p Pure Strength Madeleine-gym		11:30-12:30p Pure Strength Madeleine-gym		11:30-12:00p Cycle 30 Madeleine	11:30-12:30p Pure Strength Madeleine-gym		
		12:00-12:55p Yoga Ashly		12:00-12:30p Pure Strength Madeleine-gym	12:00-12:55p Yoga Ashly		
4:30-5:30p Tai Chi \$\$ Broc	4:30-5:25p WERQ! ® Natasha	4:30-5:30p Tai Chi \$\$ Broc	4:30-5:25p WERQ! ® Tiffany	4:30-5:25p WERQ! ® Tiffany			2:35-3:35p Yoga Ashly/Elaine
5:00-6:00p Strong by Zumba® Tanya B. - gym	4:30-5:00p HIIT Alex-gym						
5:30-6:20p Pilates Patience	5:30-6:20p Vinyasa Yoga Broc	5:30-6:20p Pilates Patience	5:30-6:20p Pilates Patience	5:30-6:20p Vinyasa Yoga Broc			
5:30-6:10p GTS Connie							
6:00-6:45p Step Cardio John-gym	6:00-6:45p Step Cardio John-gym	6:00-6:45p Step Cardio John-gym	6:15-7:15p GTS Connie	6:15-7:15p GTS Connie			
6:15-7:15p Group Ride® Connie		6:15-7:15p Group Ride® Connie					

Revised 2/24/20

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 P 225 924 3606 ymca.org



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Cardio, Strength, and Core Classes

Active Older Adults – Come and join our low impact senior aerobics class formatted especially for active older adults. This class includes low intensity cardiovascular segments with emphasis on stretching, toning, and full range of motion exercises.

Body Sculpting – Designed to utilize multiple repetitions and low to moderate weights, you will use a variety of resistance training equipment to work the entire body. You will also get your heart pumping for a great cardiovascular workout.

Cardio Step – This class is designed to help you achieve cardiovascular and muscular fitness simultaneously. With alternating step combinations and toning exercises you'll have so much fun sculpting major muscle groups and putting together dance-like combinations.

Circuit Training – This high intensity circuit class incorporates components such as aerobic conditioning, agility, balance, speed, and muscular endurance. You may be using your own body weight or various props such as weights, body bars, BOSU, jump ropes, and much more.

Cycle 30 – Our indoor cycling class starts with a 5-minute warm-up of easy pedaling and a focus on proper technique. Once the class starts be prepared to ride your way through rolling hills, steep climbs, false flats, and sprints.

H.I.I.T. – (High-intensity interval training) – this interval training class alternates periods of short intense anaerobic exercise with less-intense recovery periods. Designed to improved athletic capacity and condition, improved glucose metabolism, and improved fat burning.

H.A.B.I.T. – This is a muscle strengthening class that targets the hips, abs, butt, and thighs. We will incorporate resistance equipment like dumbbells, body bars, and bands into this class to increase intensity.

MOSSA Group Ride® – A fun way to improve your cardio fitness, burn calories, shape and strengthen your lower body! Since you control the intensity of the workout by adjusting your own bike, it's a great workout for all ages whether you are just starting out or an avid cyclist looking to train indoors. It's also a great option to add to your other workouts!

Pure Strength & Cardio – It will include a variety of cardiovascular and resistance work to help build both strength and endurance. This class uses many different platforms that are subject to change but can include gravity machines, cycling, and free weights.

Strong by Zumba® – It combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

WERQ! ® – It is the fiercely fun dance fitness class based on pop, rock, and hip-hop music. The warmup previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses. Crush calories while dancing to your favorite songs.

Zumba® – It incorporates dance and cardio moves to energetic music.

Water Exercise

Aqua Fit –

Water Wellness – A shallow water functional fitness class appropriate for non-swimmers that provides a “holistic approach” and combines light to no impact cardio work with muscle toning and stretching. The gentle stretches improve and reduce joint pain, while core strengthening moves improve posture and balance.

Aqua Core-dio – A shallow water functional fitness class appropriate for non-swimmers that provides core training and stretching using the buoyancy properties of the water as well as the water's resistance. The goal of this class is to improve function for daily living and provide some cardio training.

Water Walkers – A shallow water functional fitness class appropriate for non-swimmers that provides cardio. The goal of this class is to improve function for daily living and provide light strength and cardio training.

Deep Water Fit – a deep water class appropriate for swimmers that is designed to provide cardiorespiratory training, muscular strength, endurance and flexibility. Individuals with varying fitness levels can participate. Equipment is used for progression and fun.

Aqua Zumba® – blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! Water creates natural resistance, which means every step is more challenging and helps tone your muscles

Spirit, Mind, and Body Classes

Pilates – This class will teach traditional mat Pilates is designed to lengthen and strengthen your entire body using core muscles. These movements will help you gain posture, alignment, balance, and flexibility.

Yoga – This class will go through a series of poses designed to help with physical alignment, increase strength, flexibility, and awareness of the body to develop a more healthful movement. **Vinyasa Yoga** is a style of yoga where there is a “flow” from one posture to the next. **Sunrise Yoga** is a great first of the day energizer. **Restorative Yoga** is a slow-paced approach practice where poses are held for a longer period of time in a relaxed manner and helps target the connective tissue throughout the whole body to gain better inner stillness.

Gravity Training (GTS) Classes

Gravity – This is a blend of the traditional strength program and Pilates-based exercises into one class. The result is a total body workout with a new focus. You will get the benefits of our strength program with the body awareness and core control that come from a Pilates-based program.

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