



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

A. C. LEWIS YMCA

Fall 2019	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>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.</p>	5:45-6:45a Body Sculpting Marsha-gym	6:45-7:40a Sunrise Yoga Mack	5:45-6:45a Body Sculpting Marsha-gym	6:45-7:40a Sunrise Yoga Mack	5:45-6:45a Body Sculpting Marsha-gym		
	8:00-8:55a Vinyasa Yoga Susan K	8:00-8:55a Core Blast Sheri/Mack	8:00-8:55a Vinyasa Yoga Susan K	8:00-8:55a Core Blast Sheri/Mack	8:00-8:55a Vinyasa Yoga Susan K		
<p>Instructors are available 10 minutes prior to start and 10 minutes following class for assistance.</p>	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 Step Cardio Terri	9:00-9:30a GTS Strength Connie	
	9:00-10:30a Community Health program Kathleen*		9:00-10:30a Community Health program Kathleen*			9:45-10:45a Step Cardio Connie	
<p>Schedule is subject to change without notice. Please call 924-3606 to confirm a class date and time.</p>	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	11:30-12:30p Indoor Cycling + Madeleine	11:30-12:30p Pure Strength Madeleine-gym		
<p>FITPATH Learn about the Y and set goals with our fitness staff. Sign up for this free assessment at our front desk.</p>			12:00-12:55p Yoga Ashly		12:00-12:55p Yoga Ashly		
	4:30-5:00p HIIT Alex	4:30 -5:10p WERQ! ® Natasha	4:30-5:00p HIIT Alex				2:35-3:35p Hatha Yoga Ashly/Elaine
<p>Personal Training Get the personal attention, motivation, and expertise you need to achieve your goals.</p>	5:00-6:00p Strong by Zumba® Tanya B. – gym	5:00-5:45p H.A.B.I.T Alex-gym	5:15-5:45p Strong by Zumba® Tanya B. – gym	5:00-5:45p H.A.B.I.T Alex-gym			
	5:15-6:00p Pilates Patience	5:15-6:10p Vinyasa Yoga Broc	5:15-6:00p Pilates Patience	5:15-6:10p Vinyasa Yoga Broc			
	6:00-6:45p Step Cardio John-gym	6:00-6:45p Step Cardio John-gym	6:00-6:45p Step Cardio John-gym	5:30-6:15p Indoor Cycling Connie		***group exercise room closed	
	6:15-7:15p Cycle Together® Connie			6:15-7:15p GTS Core Connie			
	7:00-8:00p Karate John Daniels*		7:00-8:00p Karate John Daniels*				
	7:15-8:15p Circuit Training Alex-gym		7:15-8:15p Circuit Training Alex-gym				

Revised 9/19/19



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Cardio, Strength, and Core Classes

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.

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

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

H.A.B.I.T. (Hips, Abs, Butts, and Incredible Thighs!) - 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. If you didn't know that there are over 600 muscles in the human body, you will after this class.

MOSSA Cycle Together® - 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!

Indoor Cycling – 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. This class will also offer a cardio challenge by using different speeds, resistances, and endurance segments. **Indoor Cycling +:** Includes 30 minutes of cycling and 30 minutes of weight training that can include free weights, barbells, BOSU balls, and body weight exercises.

Pure Strength & Cardio – An all level workout! It will include a variety of cardiovascular and resistance work. This is a great class to build both strength and endurance. A complete fitness package in one class! This class uses many different platforms that are subject to change but can include gravity machines, cycling, and free weights.

Step Cardio – 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.

WERQ!® - WERQ 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.

Core Blast – 30 mins of Abs and 30 mins of strength training; Target and challenge the abdominals, back, and hips in this intense and dynamic workout. You will learn how to effectively strengthen the core using proper form and technique! By building core strength, you will be able to improve your posture and ward off lower back pain.

Community Health program – Evidence based health initiative program – for more information contact Alex Ruiz at 225-924-3606 or livestrong@ymcabr.org

Karate – Contact John Daniels for more information on how to join the class

Kickboxing – small group training that includes kickboxing skills as well as building cardio, strength and endurance

For Our Active Mature Members

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.

Spirit, Mind, and Body Classes

Pilates – This class will teach traditional mat Pilates that can be done anywhere and is designed to lengthen and strengthen your entire body using core muscles. These movements will help you gain posture, alignment, balance, and flexibility. It is a fresh spin on basic Pilates mat work out using all sorts of props, rings, and balls to name a few.

Yoga – This class will go through a series of poses designed to help with physical alignment, with an understanding of correct anatomical movements and various deep relaxation techniques. It increases 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, and **Hatha Yoga** is considered the more “traditional” yoga poses.

Gravity (GTS) Classes

Core Concepts – 45 mins. – 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.

A. C. Lewis YMCA

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