



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

C.B. PENNINGTON JR. YMCA

June 2016	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Updated 6/3/2016	6:00-7:00 H.A.B.I.T. Rodney	5:15-6:15 Circuit Training Niki	6:00-7:00 Kickboxing Rodney	5:15-6:15 Body Sculpting Niki	6:00-7:00 H.A.B.I.T. Rodney		
		6:30-7:30 Barre Blend Lisa		6:30-7:30 Barre Blend Lisa			
Schedule is subject to change without notice.		8:30-9:30 Yoga Monique		8:30-9:30 Yoga Monique		8:30-9:30 Kickboxing Fran	
	9:30-10:15 Pilates Mary	9:15-10:15 Zumba® Vanessa (Gym)	9:30-10:15 Pilates Mary	9:15-10:15 Zumba® Vanessa (Gym)		9:30-10:30 H.I.I.T Rodney	
Please call 272-9622 to confirm a class date and time.	9:30-10:30 Light N Low Lisa (Gym)	9:30-10:15 H.A.B.I.T Bonnie	9:30-10:30 Light N Low Lisa (Gym)	9:30-10:15 H.A.B.I.T Bonnie	9:30-10:15 Pilates Mary		
					9:30-10:30 Light N Low Lisa (Gym)		
Ask us about Jump Start!							
Kid Fit Ages 7-11 Sign-in not allowed 5 minutes after class begins. Must have at least 2 participants to hold classes.	10:30-11:30 Circuit Training Lisa (Gym)	10:30-11:30 AOA Lisa (Gym)	10:30-11:30 Circuit Training Lisa (Gym)	10:30-11:30 AOA Lisa (Gym)			
	10:30-11:30 Tai Chi Nigel		10:30-11:30 Tai Chi Nigel		10:30-11:30 Circuit Training Lisa (Gym)		
*Gym- Basketball Gym, all other classes take place in the Group Exercise Studio	5:15-6:15 Kickboxing Fran	5:15-6:15 H.A.B.I.T. Rodney			3:00-4:00 Ballroom Dancing\$\$ Nigel		
	6:00-7:00 Zumba® Katrina	6:00-7:00 Zumba® Erica	7:00-8:00 H.A.B.I.T. Rodney	6:00-7:00 Zumba® Erica			
*Classes with a \$\$ have an additional charge		6:00-7:00 Kid Fit Darius		6:00-7:00 Kid Fit Darius			
	6:15-7:15 Light N Low Cheryl	6:30-7:30 Boot Camp\$\$ Sean		6:30-7:30 Boot Camp\$\$ Sean			

C. B. Pennington Jr. YMCA
15550 Old Hammond Hwy. Baton Rouge, LA 70806
P 225 272 9622 F 225 273 3325 www.ymcabr.org

Cardio, Strength, and Core Classes

Barre Blend- This class brings creates a mind/body experience by fusing exercises from ballet, cardio training, Pilates, and yoga into one class to challenge and tone the entire body. This blended genre combines the methodology of strength and control to create a class that improves body awareness, flexibility, and stabilization.

Body Sculpting - Come and tone your muscles in this high intensity workout class by using a variety of resistance training equipment that will work out your total body. You will also get your heart pumping for a great cardiovascular workout.

Circuit Training - This is a high intensity circuit class incorporating 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.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.

H.I.I.T. (High Intensity Interval Training) - 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.

Light N Low - Uses low impact moves for cardiovascular conditioning as well as muscular endurance and overall toning. This class will get you going and make you feel energized by the end of class. It is a great way to start or end your day.

Step N Tone - 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 you'll forget that you are working out.

Zumba® - Zumba! Is a fusion of Latin and International music/dance themes that create a dynamic and exciting, yet easy to follow class. It combines high energy and motivating music with unique moves and combinations making for a "feel free" workout that is great for both the body and the mind!

Kickboxing- This is a cardiovascular workout that will increase your heart rate by doing a combination of punching, kicking, and blocking. This fun energizing class offers various levels to meet everyone's needs. We will also work on endurance, strength, and coordination while burning tons of calories by doing basic to advanced moves. It uses creative choreography to get your heart pumping and offers a total body workout.

For Our Active, Mature Member

A.O.A (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.

Light N Low- Uses low impact moves for cardiovascular conditioning as well as muscular endurance and overall toning. This class will get you going and make you feel energized by the end of class. It is a great way to start or end your day

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. Gain the benefits of stretching, core strengthening, overall body toing and awareness. You will leave with an overall sense of well-being.

Tai Chi- This "ballet of martial arts" class is designed to improve flexibility, enhance blood circulation, decrease blood pressure, and leave you feeling refreshed and relaxed.

Kid and Family Classes

Kid Fit- A physical fitness program designed specifically for children between the ages of 6-12. This class incorporates strength and cardio training, while enhancing balance and motor skills.

Sports Basics- Children between the ages of 6-12 years old learn how to play sports such as football, soccer, baseball, basketball, volleyball and more starting with the basics and gradually increasing skills.

Family/Kid Zumba® - Zumba! Is a fusion of Latin and International music/dance themes that create a dynamic and exciting, yet easy to follow class designed for kids aged 3-12 years old. The class also allows parents to participate along with their children. It combines high energy and motivating music with unique moves and combinations making for a "feel free" workout that is great for both the body and the mind!

C. B. Pennington Jr. YMCA

15550 Old Hammond Hwy. Baton Rouge, LA 70806

P 225 272 9622 F 225 273 3325 www.ymcabr.org