



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# 2015 GROUP EXERCISE SPRING - SUMMER SCHEDULE

## EXXONMOBIL YMCA -MAY

Group Schedule 2015	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Schedule begins May 1st and is subject to change, please call 906-5424 to confirm a class date and time.</b>	7:30-8:30am Yoga Delisha	8:30-9:30 Pilates Darlene	7:30-8:30am Yoga Delisha	8:30-9:30 Pilates Mary	7:30-8:30am Yoga Delisha	9:30 - 10:30am Tabata Wil
	8:30-9:30am Zumba® Tonya		8:30-9:30am Zumba® Tonya		8:30-9:30am Zumba® Tonya	10:30-11:30am Body Sculpting Wil
<b>Running Club: meet on Monday's at 5:00PM outside in front of the building.</b>	9:30 - 10:30am Body Sculpting Kiki	9:30 - 10:30am Cardio Circuit TJ	9:30 - 10:30am Body Sculpting Kiki	9:30 - 10:30am Cardio Circuit TJ		
		10:30 - 11:30 Hard Core Abs TJ		10:30-11:30 Line Dance Marsha		
<b>Walking Club: meet Monday - Friday at 7:30AM in the lobby.</b>	9:30-10:30am Enhance Fitness® Marsha	9:30-10:30am Enhance Fitness® Marsha		9:30-10:30am Enhance Fitness® Marsha		
	5:00 - 5:30pm Light N Low TJ		5:00 - 5:30pm Light N Low TJ			
<b>Kid Fit - Monday / Thursday at 5:30pm</b>	5:30-6:30pm Zumba® Stephanie	5:30-6:30pm Zumba® Wanda	5:30-6:30pm Zumba® Zumba Stephanie	5:30-6:30pm Zumba® Wanda		
	5:30-6:30pm Boot Camp Keldric	5:30-6:30pm Body Weight Training TJ	6:00-7:00pm Tabata Wil	5:30-6:30pm Boot Camp Keldric		
	6:30-7:30pm Step N Tone Nicolette	6:30 - 7:30pm Kickboxing Larry	6:30-7:30pm Step N Tone Nicolette	6:30-7:30pm Step N Tone John		

## Cardio, Strength, and Core Classes

**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.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.

**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.

**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!

### **Hard Core Abs**

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!

### **For Our Active Mature Member**

**Enhance Fitness®** - Enhance Fitness is an evidence-based group exercise program developed specifically to promote better balance and health for longevity of independent living. This beginner level, low impact class, focuses on four key areas important to the health and fitness of mature participants: stretching and flexibility; low impact aerobics; strength training with wrist and ankle weights; and balance. Class is designed to be safe yet challenging. All exercises in this class are designed to fit the needs of all activity levels. 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.

### **ExxonMobil YMCA**

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