



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AEROBICS SCHEDULE

**CHARLES W. LAMAR, JR. YMCA**

<b>Group Aerobics Studio</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p>Schedule begins Monday April 3rd, and is subject to change</p> <p>For your safety – Please arrive on time for classes to minimize disruption to the class, and ensure that you receive adequate warm up and instruction.</p>	5:30-6:30 Group Power © w/Stacey		5:30-6:30 Group Power © w/Stacey	5:45 – 6:45 Indoor Cycling w/Stacey		9:30-10:30 Group Power © w/ Sandra
	11:40 – 12:00 Hard Core Abs w/Katie	11:00-11:55 Yoga w/Mack		11:00- 11:55 Yoga w/Mack		10:30-11:30 Group Blast © w/Sandra
	12:00-1:00 Group Power © w/Kim	12:00- 1:00 H.I.I.T. w/Katie	12:00 – 1:00 Group Power © w/Stacey	12:00 – 1:00 Boot Camp w/Katie	12:00 – 1:00 Group Power © w/Stacey	
	12:00 – 1:00 Indoor Cycling w/Katie	12:00 – 1:00 Indoor Cycling w/Stacie	12:00 – 1:00 Indoor Cycling w/Steve	12:00 – 1:00 Indoor Cycling w/Stacey	12:00 – 1:00 Indoor Cycling w/Herbert or Katie	
	5:00 – 6:00 Group Power © w/Emily	5:00-6:00 Zumba® w/Lydia	5:00-6:00 Group Blast © w/Emily	5:00-6:00 Zumba® w/Lydia		
	5:30 – 6:30 Indoor Cycling w/Yvonne	5:30 – 6:30 Indoor Cycling w/Charlie	5:30 – 6:30 Indoor Cycling w/Hannah	5:00 – 6:00 Indoor Cycling w/Herbert		
	6:00 – 7:00 Group Blast © w/Jo	6:00 – 7:00 Yoga w/Susan	6:00 – 7:00 Group Power© w/Jo	6:00 – 7:30 Kickboxing w/Jo	6:00 – 7:00 Group Power © w/Jo	
	7:00 – 7:30 Abs w/Jo		7:00 – 7:30 Abs w/Jo		7:00 – 7:30 Abs w/Jo	



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## **CHARLES W. LAMAR JR. YMCA CLASS DESCRIPTIONS**

**Group Power © - Strength Train Together** will blast all your muscles with a high-rep weight training workout. Using barbell, weight plates and body weight, the workout combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best!

**Group Blast ©** – Cardio training that uses The Step in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your agility, coordination and strength.

**Indoor Cycling** - This is indoor group cycling, using specialized bikes able to adjust the resistance based on the need of the movement and of the participant. Classes feature sprints, jumps, climbs as well as relaxing cool downs.

**Yoga** - Relax in a quiet atmosphere enhancing your mind and body. Working at your own pace, you will be instructed through a series of postures that will increase muscular strength, flexibility, and concentration.

**Zumba®** -Zumba is a Latin inspired dance fitness class that incorporates Latin and International music and dance movements. This class is “exercise in disguise” as you experience various dances and improve your cardiovascular endurance.

### **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.

### **Boot Camp**

Achieve your fitness goals with this high-energy, drill-based, interval sessions! Your agility, strength, cardiovascular fitness, and core stabilization will be challenged using your own body weight and equipment-based drills.

### For Your Information

- Our aerobics instructors are nationally certified and maintain current CPR certifications.
- Please consult with a physician before participating in any exercise activity.
- Classes will be limited to 25 participants due to safety.
- Please arrive a few minutes early for each class to reserve your space and for pre-class instruction.
- The class schedule is designed to provide a proper balance of the components of physical fitness (i.e. cardiovascular fitness, muscular strength, endurance, and flexibility).
- Participating in a variety of classes will give you a cross training effect, which will provide maximum results.

### **Charles W. Lamar, Jr. YMCA**

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