



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

## Americana YMCA

### Group Schedule Winter 2018

Schedule is subject to change without notice

Call 654-9622 to confirm a class date and time.

### Jump Start

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

GET FIT: \$65  
Inexpensive

way to get a trainer. Meet 3 days a week for a personalized program  
MWF 5:00 am (Co-ed)  
MWF 9:30 am (women only)

Elliptical Trainer  
9:00 am  
Mon/Wed  
Meet at ellipticals (Tammy)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>5:00 A.M.-6:00 A.M.</b> Step Deana	<b>5:45 A.M.-6:45 A.M.</b> BodySculpting Marsha	<b>5:00 A.M.-6:00 A.M.</b> Yoga Deana	<b>5:45 A.M.-6:45 A.M.</b> BodySculpting Marsha	<b>5:00 A.M.-6:00 A.M.</b> Body Pump Katie	
	<b>8:00 A.M.-9:00 A.M.</b> Power Yoga Christina	<b>8:00 A.M.-9:00 A.M.</b> Yoga Christina	<b>8:00 A.M.-9:00 A.M.</b> Power Yoga Christina	<b>8:00 A.M.-9:00 A.M.</b> Yoga Christina	<b>8:00 A.M.-9:00 A.M.</b> Kickboxing Amber	<b>8:00 A.M.-9:00 A.M.</b> Step Amber
	<b>9:00 A.M.-10:00 A.M.</b> Lite N Low Katie	<b>9:00 A.M.-10:00 A.M.</b> Group Power Cinda	<b>9:00 A.M.-10:00 A.M.</b> Lite N Low Katie	<b>9:00 A.M.-10:00 A.M.</b> Group Power Cinda	<b>9:00 A.M.-10:00 A.M.</b> Lite N Low Katie	<b>9:00 A.M.-10:00 A.M.</b> Body Pump Amber
	<b>10:00 A.M.-11:00 A.M.</b> Zumba® Amanda	<b>10:30 A.M.-11:30 A.M.</b> Hi Low Mary	<b>10:00 A.M.-11:00 A.M.</b> Zumba® Amanda	<b>10:30 A.M.-11:30 A.M.</b> Hi Low Mary	<b>10:00 A.M.-11:00 A.M.</b> Zumba® Amanda	
	<b>11:00 A.M.-12:00 P.M.</b> Barre Amanda	<b>11:30 A.M.-12:30 P.M.</b> Pilates Plus Mary	<b>11:00 A.M.-12:00 P.M.</b> Barre Amanda	<b>11:30 A.M.-12:30 P.M.</b> Pilates Plus Mary	<b>11:00 A.M.-12:00 P.M.</b> Barre Amanda	
	<b>11:00 A.M.-12:00 P.M.</b> Piyo Lesley		<b>11:00 A.M.-12:00 P.M.</b> Piyo Lesley			
	<b>5:30 P.M.-6:30 P.M.</b> Zumba® Jennifer	<b>4:30 P.M.-5:30 P.M.</b> Cardio Sculpt Katie	<b>5:30 P.M.-6:30 P.M.</b> Zumba® Jennifer	<b>4:30 P.M.-5:30 P.M.</b> Cardio Sculpt Katie		
		<b>5:30 P.M.-6:30 P.M.</b> Strength Train Together Cinda		<b>5:30 P.M.-5:30 P.M.</b> Strength Train Together Cinda		
	<b>6:30 P.M.-7:30 P.M.</b> H.A.B.I.T Amber	<b>6:00 P.M.-7:00 P.M.</b> Dance Fitness Danielle (Comm. Rm)	<b>6:30 P.M.-7:30 P.M.</b> H.A.B.I.T Amber	<b>6:00 P.M.-7:00 P.M.</b> Dance Fitness Danielle (Comm.Room)		
		<b>6:30 P.M.-7:30 P.M.</b> Yoga Deana		<b>6:30 P.M.-7:30 P.M.</b> Yoga Deana		

### Americana YMCA

4200 Liberty Way, Zachary, La 70791

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## **Cardio, Strength, and Core Classes**

**Barre®** - A combination of ballet, Pilates and Yoga to shape and sculpt your body from head to toe.

**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.

**Body Pump**- Achieve your fitness goals with this high-energy, drill based, interval sessions!

Your agility, strength, cardio vascular fitness, and core stabilization will be challenged using your own body weight and equipment-based drills.

**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.

**Light and Low**-If you enjoy great music from the 50's through today, join us. Anything goes in this fun combination of low impact cardio marching and dancing with low weight strength training for a complete workout.

**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.

**Pilates Plus**- This is a traditional Pilate's class that is designed to lengthen and strengthen the body using core muscles. This class will help with balance, flexibility and posture. We also introduce the Barre in this class.

**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.

**Strength Train Together** - This class 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!

**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!

## **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 using all sorts of props rings and balls to name a few. Each class will be introducing new choreography for a fun, exciting, and effective workout.

**Power Yoga**- This class links breath to movement creating a vigorous and challenging style of yoga in order to build strength and cardiovascular endurance. Expect more challenging sequences and to work up a sweat! Some previous yoga experience is recommended.

**Yoga** - This class will go through a series of poses; designed to help with physical alignment, with an understanding of correct movements and various deep relaxation techniques. It increases strength, flexibility, and awareness of the body to develop anatomical a more healthful movement. Gain the benefits of stretching, core strengthening, overall body toning and awareness. The benefits will enhance strength,

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posture, flexibility, enhance blood circulation, decrease blood pressure and leave you feeling refreshed and relaxed.

**Piyo**—A blend of Pilates and Yoga. A low impact workout that strengthens and sculpts the body, while increasing flexibility.

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