



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

## DOW WESTSIDE YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Winter 2019 Group Exercise Schedule</b>	5:45-6:15a Cycling Tiffany (SR)	8:00-9:00a Yoga Kelli (AR)	5:45-6:15a Cycling Tiffany (SR)	8:00-9:00a Yoga Kelli (AR)	5:45-6:15a Cycling Tiffany (SR)	8:45-9:30a Step Dusti (CR)
Schedule Begins <b>January 7, 2019</b>	8:00-9:00a Y! TRX \$\$ Training Staff (CR)	8:15-9:15a Cardio Step Together© Sarah/Karen (CR)	6:00-6:45a Y! TREAD* Staff (WA)	9:15-10:15a Cardio Step/Strength Train Together Mix Sarah/Karen (CR)	8:00-9:00a Y! TRX \$\$ Training Staff (CR)	9:00-10:00a Kid Fit Kim/Rickikie (AR)
Classes are subject to change. To confirm a class, call 687-1123.	8:10-9:10a Balance & Flex Together Sarah (AR)	9:30-10:15a Y! TREAD* Staff (WA)	8:15-9:15a Circuit Jennifer (CR)	10:15-11:15a Light N Low Kelli (AR)	8:10-9:10a Balance & Flex Together Karen (AR)	9:45-10:45a Strength Train Together© Emily (CR)
<b>TRY SOMETHING DIFFERENT IN 2019</b>	9:15-10:15a Strength Train Together© Sarah (CR)	10:15-11:15a Light N Low Kelli (AR)	9:30-10:15a Barre Blend Mona (AR)		9:30-10:15a Dancercise Mona (AR)	
<b>BRAND NEW CLASSES!! Balance &amp; Flex Together Circuit Y! TRX</b> <i>registration required</i>	9:30-10:15a Y! TREAD* Staff (WA)		9:30-10:15a Y! TREAD* Staff (WA)		9:30-10:15a Y! TREAD* Staff (WA)	
	4:45-5:15 Barre Blend Kelli (AR)	4:45-5:30 Kid Fit Kim/Rickikie (AR)	4:45-5:30p Cycling Shannon (SR)	4:45-5:30 Kid Fit Kim/Rickikie (AR)		
	5:15-5:55p Step Dusti (CR)	5:15-6:00p Y! TREAD* Staff (WA)	4:45-5:40p Y! TRX \$\$ Training Staff (CR)	5:15-6:00p Y! TREAD* Staff (WA)		
<b>*sign up for Y! TREAD 10 minutes before class starts with Fitness Staff</b>	6:05-7:05p Y! TRX \$\$ Training Staff (CR)	5:30-6:30p HITT Lindsay (CR)	5:30-6:15p Step-Cardio Michelle G. (AR)	5:30-6:15p Bootcamp Lindsay (AR)		
<b>Reminder:</b> CR is a multi-use room. Please be courteous to other programs. It is available by <b>5:00PM</b> every day for class use.	5:30-6:25p Yoga Susan (AR)		5:45-6:45p Balance & Flex Together Karen (CR)			
For your health, safety, and as a courtesy to all members and instructors, <b>please do not be more than 5 minutes late to a class.</b>	6:30-7:30p Zumba® Desiree (AR)		6:30-7:30p Zumba® Desiree (AR)			

## Class Descriptions:

**Barre Blend** Barre Blend brings exercises from group fitness into the 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.

**Cardio Step Together:** 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.

**Group 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, resistance, and endurance segments.

**HIIT (High Intensity Interval Training):** A quick cardio/fat burning class to keep the heart rate elevated while toning. This class is great for people who want a quick workout that targets every muscle group.

**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.

**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!

**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 toning and awareness. The benefits will enhance strength, posture, flexibility, and balance. You will leave with an overall sense of well-being.

**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!

**YI TRX-** Use suspension straps to push, pull, and lift your body weight to develop strength, balance, flexibility, and core stability all at once. Achieve a full body workout in just one hour! Combined with a fast-paced circuit to increase your heart rate and burn major calories! \*This is a 6-week program, drop ins are allowed, but registration is required and can be done at the front desk.

**Balance & Flex Together-**is an athletic mind-body program including fundamentals from yoga and Pilates set to emotive music. It's ideal to be your workout of choice or add it once a week to your current workouts to reinvigorate the mind and body.

**Circuit-**This 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. Get ready to mix it up!

**YI TREAD-**Hop on a treadmill and allow the fitness staff to lead you in a surprising interval workout. You will be pushed to the limits and try things on the treadmill that you probably haven't tried before! \*spots are limited, sign up begins 10 minutes before class starts

### Dow Westside YMCA

3688 Sugar Plantation Pkwy. Addis, La 70710

P 225 687 1123 F 225 687 7576 ymcabr.org