

2018 GROUP EXERCISE SCHEDULE

EXXONMOBIL YMCA

Group Schedule 2018	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Schedule Begins January 1st 2018 and is subject to change, please call 906-5424 to confirm a class date and time.</p> <p>Running Club: Monday @ 5:30PM</p>	7:30-8:30am Yoga Christina		7:30-8:30am Yoga Christina		7:30-8:30am Yoga Christina	
	8:30 - 9:30am Line Dance Gwen	8:30-9:30am Pilates Darlene	8:30-9:30am Line Dance Gwen	8:30-9:30am Pilates Mary	8:30-9:30am Line Dance Gwen	
	9:30 - 10:30am Body Sculpting Melody	9:30 - 10:30am Boot Camp TJ	9:30 - 10:30am Body Sculpting Melody	9:30 - 10:30am Boot Camp TJ		9:30 - 10:30am H.I.I.T. Keldric
	gym 9:30-10:30am A.O.A. Marsha	gym 9:30-10:30am A.O.A. Marsha		gym 9:30-10:30am A.O.A. Marsha		
	Gym 5:30-6:30pm Boot Camp Keldric	NEW CLASS ALERT 5:30-6:30pm H.A.B.I.T. Kenny		gym 5:30-6:30pm Boot Camp Keldric		5:00 - 6:00pm Outdoor Circuit Kenny
			gym 6:00-7:00pm H.I.I.T. Keldric	6:30-7:30pm Step N Tone John		

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7717 Howell Blvd Place, Baton Rouge, LA 70807

P 225-906-5424 F 225-906-5426 ymcabr.org

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.

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.

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, 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.

Line Dance- Line is easy to learn, mainly because the steps are straight forward and you do not have to coordinate your movements with a partner. Line dances also involves repeating series of steps, so if you get lost, you could easily catch up with the 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.

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. Each class will be introducing new choreography for a fun, exciting, and effective workout.

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

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.

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