



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

DOW WESTSIDE YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Schedule Begins November 12, 2018 Classes are subject to change. To confirm a class, call 687-1123.	5:45-6:30a Cycling(SR) Steve		5:45-6:30a Cycling (SR) Steve		5:45-6:30a Cycling (SR) Steve	
Check out: Y! Tread YMCA Run Club	8:00-9:00a Yoga (AR) Kelli	8:15-9:15a Cardio Step Together© (CR) Sarah/Karen	8:00-9:00a Yoga (AR) Kelli	8:15-9:15a Cardio Step Together© (CR) Sarah/Karen	8:00-9:00a Yoga (AR) Kelli	8:45-9:30a Step (CR) Dusti
More new classes coming soon!	9:15-10:15a Strength Train Together© (CR) Sarah	9:15-10:00a Barre Blend (AR) Kelli	9:15-10:00am Y! Tread (WA) Staff	9:15-10:00a Barre Blend (AR) Sarah	9:15-10:00am Y! Tread (WA) Staff	9:00-10:00a Kid Circuit (OT) Kim/Rickikie
Looking for something different? How about booking a session with a Personal Trainer??	9:15-10:00am Y! Tread (WA) Staff	9:30-10:15am Y! Tread (WA) Staff	10:15-11:15 Light N Low (AR) Kelli	10:15-11:15a Light N Low (AR) Kelli	9:30-10:15a Dancercise (AR) Mona	9:45-10:45a Strength Train Together© (CR) Emily/Kelli
Reminder: CR is a multi-use room. Please be courteous to other programs. It is available by 5:15PM every day for class use.	4:45-5:30p Cycling Circuit (SR) Michelle H.	4:45-5:30p Kid Circuit (AR) Kim/Rickikie	4:45-5:45p Bootcamp (AR) Lyndsay	4:45-5:30p Kid Circuit (AR) Kim/Rickikie		
For your health, safety, and as a courtesy to all members and instructors, please do not be more than 5 minutes late to a class.	5:30-6:30p Step & Tone (CR) Dusti	5:15-6:00pm Y! Tread (WA) Staff	4:45-5:30p Cycling Circuit (SR) Shannon	5:30-6:30p Strength Train Together© (CR) Emily		
	5:30-6:30p Yoga (AR) Susan	5:30-6:10 pm Barre (AR) Mona	5:30-6:15p Step-Cardio (CR) Michelle G.	5:30 YMCA Run Club (lobby)		
	6:30-7:30p Zumba® (AR) Desiree	5:30-6:30p HIIT (CR) Lindsay	6:00-6:45pm Pilates (AR) Layne	6:00-7:00p Zumba® (AR) Desiree		

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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.

Abs/Core: 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 low back pain!

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.

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. A fresh spin on basic Pilates mat work, using all sorts of props- rings, bands, balls- to name a few. Each class will be introducing new choreography for a fun, exciting, and effective workout. This class will lengthen and strengthen your entire body using core muscles.

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!

Step & 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.

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.

Kid Circuit-For older kids ages 10-14, a sports-based circuit class incorporating components such as aerobic conditioning, agility, balance, speed, and muscular endurance.

Kid Fit- A physical fitness program designed specifically for children between the ages of 5-9, which incorporates strength and cardio training, while enhancing balance and motor skills.

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