



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

DOW WESTSIDE YMCA

Group Exercise Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Schedule Begins February, 12 2018 Classes are subject to change. To confirm a class call 687-1123.	5:30-6:30a Cycling Steve (SR)	8:30-9:30a Barre Blend Mona (AR)	5:30-6:30a Cycling Steve (SR)	5:30-6:30a Cardio Step Together© Karen (CR)	5:30-6:30a Cycling Steve (SR)	9:00-9:45a *Family Cycling* Tiffany (SR)
Reminder: CR is a multi-use room. Please be courteous to other programs. It is available by 5:10PM every day for class use.	8:00-9:00a PiYo Kelli (AR)	9:15-10:15a Cardio Step Together© Sarah/Karen (CR)	8:00-9:00a PiYo Kelli (AR)	8:30-9:30a Barre Blend Mona (AR)	8:00-9:00a Yoga Kelli (AR)	8:30-9:30a Step Dusti (CR)
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.	9:10-10:10a Strength Train Together© Emily (CR)	10:25-10:55a Strength Train Together© Express Sarah (CR)	9:10-10:10a Hip-Hop Annie (AR)	9:15-10:15a Cardio Step Together © Kelli/Sarah (CR)		9:45-10:45a Strength Train Together© Emily/Kelli (CR)
	10:15-11:15a Light N Low Mona (AR)	10:15-11:15a Light N Low Kelli (AR)	9:10-10:10a Strength Train Together© Emily (CR)	10:15-11:15a Light N Low Kelli (AR)		
Family Group Cycling Children must be 10 years old and properly fit on the bike.	4:45-5:15p Cycling Michelle H. (SR)	4:45-5:15p Cycling Shannon (SR)	5:00-5:45p Cycling Lindsay SR)	4:45-5:15p Cycling Shannon(SR)		
	5:30-6:15p Step Dusti (CR)	5:30-6:30p HITT Lindsay (CR)	5:30-6:15p Step-Cardio Michelle G. (CR)	5:30-6:30p Strength Train Together© Emily (CR)		
	5:30-6:30p Yoga Susan (AR)	6:15-7:15p Zumba® Cindy (AR)	6:00-7:00pm Pilates Layne (AR)	6:15-7:15p Zumba® Cindy (AR)		
	6:30-7:30p Zumba® Desiree (CR)		6:30-7:30p Zumba® Desiree (CR)			

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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.

Family Cycling: Our popular Group Cycling class but 10 years and up can join their parents in the ride!

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.

Hard Core Abs: 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.

Hip Hop: If you like to dance, this class is for you. This class breaks down dance patterns into easy to learn sections where you will learn funk and hip hop patterns. Move and sweat to the beat of the music!!

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.

PiYo: PiYo is a fusion of the ancient discipline of yoga with modern Pilate's techniques. This exercise mix will help discipline core strength, help tone muscles, increase flexibility, and reduce stress.

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!

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