



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

DOW WESTSIDE YMCA

Group Schedule
Summer 2018

Schedule begins
June 11, 2018.
Classes are subject
to change. Please
call 687-1123 to
confirm a class date
and time.

**NEW Classes for
the summer:**
❖ ABS/CORE
❖ KID CIRCUIT
❖ KID FIT
❖ LINE DANCING
❖ CARDIO BALANCE
❖ ... and more new
classes coming soon!

Personal Trainer:
Looking for
something different?
How about booking a
session with a
personal trainer?

Reminder:
CR is a multi-use
room. Please be
courteous to other
programs. It is
available **by
5:15 PM** every day
for class use.

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.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45-6:30am Cycling(SR) Steve		5:45-6:30am Cycling (SR) Steve	5:45-6:30am Cycling Together© (SR) Emily	5:45-6:30am Cycling (SR) Steve	
	8:00-9:00am Yoga (AR) Kelli	8:30-9:15am Barre Blend (AR) Mona	8:00-9:00am Water Fitness (P) Karen		8:00-9:00am Yoga (AR) Kelli	
			8:00-9:00am Yoga (AR) Kelli	8:30-9:15am Barre Blend (AR) Mona		9:00-10:00am Kid Circuit (OT) TBD
			9:10-10:10am Hip-Hop (AR) Annie			9:00-10:00am Kid Fit (AR) TBA
	9:30-10:30am Strength Train Together© (CR) Emily	9:20-10:05am Cardio Step Together© (AR) Sarah/Karen	9:30-10:30am Strength Train Together© (CR) Emily	9:20-10:05am Cardio Step Together© (AR) Kelli/Sarah	9:30-10:15am Line Dancing (AR) Mona	8:45-9:30am Step (CR) Dusti
	10:15-11:15am Light N Low (AR) Kelli	10:15-11:15am Light N Low (AR) Kelli		10:15-11:15am Light N Low (AR) Mona		9:45-10:45am Strength Train Together© (CR) Emily/Kelli
			4:45-5:30pm Bootcamp/Circuit Lindsay (AR)		5:00-5:30pm Abs/Core (AR) TBA	
	4:45-5:15pm Cycling (SR) Michelle H.	4:45-5:15pm Cycling (SR) Shannon				
	5:15-6:15pm Kid Circuit (OT) TBA	5:00-5:30pm Abs/Core (AR) Michelle G.	5:15-6:15pm Kid Circuit (OT) TBA			
	5:15-6:15pm Kid Fit (OT) TBA	5:30-6:10pm Cardio Barre (AR) Kelli	5:15-6:15pm Kid Fit (OT) TBA		5:30-6:30pm Strength Train Together© (CR) Emily	
	5:30-6:30pm Step & Tone (CR) Dusti	5:30-6:30pm HITT (CR) Lindsay	5:30-6:15pm Step-Cardio (CR) Michelle G.		5:30-6:30pm Water Fitness(P) Jessica	
	5:30-6:30pm Yoga (AR) Susan	5:30-6:30pm Water Fitness(P) Jessica	6:00-6:45pm Pilates (AR) Layne			
		6:15-7:15pm Zumba® (AR) Cindy		6:15-7:15pm Zumba® (AR) Cindy		
	6:30-7:30pm Zumba® (AR) Desiree		6:30-7:30pm Zumba® (CR) Desiree			

Dow Westside YMCA

3688 Sugar Plantation Pkwy. Addis, La 70710
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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.

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.

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.

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.

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.

Water Fitness-A water fitness class which is designed to meet the needs of individuals with varying fitness levels. This class provides cardio respiratory, muscular strength and flexibility training through the properties of water and resistance equipment.

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