



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

PAULA G. MANSHIP YMCA

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------|-------------------------|---------------------------|-----------------------------|-----------------------|---------------------------|-----------------------------|-----------------------|
| Group Schedule | 5:15-6:15 (Gym) | 5:15-6:15 (Gym) | 5:15-6:15 (Gym) | 5:15-6:15 | 5:15-6:15 (Gym) | 8:30-9:30 | 3:00-4:00 |
| Fall 2017 | Circuit Training | Body Sculpting | Circuit Training | Body Sculpting | Circuit Training | Cardio Step Together | Indoor Cycling |
| | Joey | Laurie | Meredith | Vanessa | Joey | Laurie | Ryan |
| Schedule Updated | 5:15-6:15 | 5:45-6:45 | 5:15-6:15 | 5:45-6:45 | 5:15-6:15 | 9:00-10:00 | 4:00-5:00 (Gym) |
| October 1st and is | Indoor Cycling | Indoor Cycling | Indoor Cycling | Indoor Cycling | Indoor Cycling | Indoor Cycling | Body Sculpting |
| subject to change, | Katy | Cheryllyn | Vanessa | Cheryllyn | Katy | Holly/Yvonne | Julie R. |
| please call 767-9622 | 8:30-9:30 | 6:20-7:15 | 7:20-8:20 | 8:30-9:30 | 6:20-7:15 | 9:30-10:00 | 4:30-5:30 |
| to confirm a class | Aqua Fit | Stretch & Tone | Zumba® | Light N Low | Stretch & Tone | Hard Core Abs | *Family Zumba® |
| date and time. | Andree | Lisa | Sarita | Laurie | Lisa | Laurie/Andree | Jeannette |
| | 8:30-9:30 | 8:30-9:30 | 8:30-9:30 | 8:30-9:30 | 7:20-8:20 | 10:05-11:00 | |
| *Gym-Basketball Gym | AOA | Light N Low | Aqua Fit | Aqua Fit | Zumba® | Pilates | |
| *F.D.-Front Desk Area | Jo | Laurie | Angela | Angela | Sarita | Andree/Caroline | |
| | 9:30-10:30 | 8:30-9:30 | 8:30-9:30 | 9:30-10:30 | 8:30-9:30 | 11:05-11:55 | |
| Classes have a maximum | Indoor Cycling | Aqua Fit | AOA | Indoor Cycling | AOA | Barre Blend | |
| capacity, please arrive | Lindsay | Angela | Jo | Yvonne | Jo | Brooke | |
| early to ensure a spot | 9:35-10:30 (Gym) | 9:30-10:30 | 9:30-10:30 | 9:30-10:30 (Gym) | 8:30-9:30 | | |
| | Body Sculpting | Indoor Cycling | Indoor Cycling | H.A.B.I.T. | Aqua Fit | | |
| Bike sign-in begins | Danielle | Yvonne | Lindsay | Debbie | Andree | | |
| 30 minutes prior | 9:35-10:30 | 9:30-10:30 (Gym) | 9:35-10:30 (Gym) | 9:35-10:30 | 9:30-10:30 | | |
| to Indoor Cycling | Barre Blend | H.A.B.I.T. | Body Sculpting | Body Sculpting | Indoor Cycling | | |
| | Rachel | Debbie | Danielle | Danielle | Lindsay | | |
| For your safety- | 10:00-11:00 | 9:35-10:30 | 9:35-10:30 | 10:35-11:30 | 9:30-10:30 | | |
| Please arrive on time for | Aqua Fit | Body Sculpting | Barre Blend | Pilates | Barre Blend | | |
| classes to minimize | Gray | Danielle | Rachel | Rachel | Margrett | | |
| disruptions to the class, | 10:35-11:30 | 10:35-11:30 | 10:00-11:00 | 4:00-5:00 (F.D.) | 9:35-10:30 (Gym) | | |
| and ensure that you | Pilates | Pilates | Aqua Fit | *Kid Fit | Body Sculpting | | |
| receive adequate warm | Margrett | Rachel | Gray | Yvonne | Danielle | | |
| up and instruction. For | 5:00-6:00 | 12:00-1:00 | 10:30-11:30 (Gym) | 5:30-6:30 (F.D.) | 10:00-11:00 | | |
| participant and member | Light N Low | Yoga | Cardio Step Together | *Kid Fit | Aqua Fit | | |
| safety the instructor | Laurie | Brooke | Laurie | Yvonne | Gray | | |
| will advise against | 6:00-7:00 | 4:00-5:00 (F.D.) | 10:35-11:30 | 5:35-6:30 | 10:35-11:05 (Gym) | | |
| participation for anyone | Body Sculpting | *Kid Fit | Pilates | Barre Blend | Hard Core Abs | | |
| arriving after the warmu | Rodney | Yvonne | Margrett | Andree | Danielle | | |
| | 6:00-7:00 | 5:30-6:30 (F.D.) | 12:00-1:00 | 5:30-6:30 | 10:45-11:45 | | |
| Kid Fit | Indoor Cycling | *Kid Fit | Yoga | Indoor Cycling | Yoga | | |
| Ages 6-11 | Cissy | Yvonne | Brooke | Holly | Mack | | |
| Sign-in not allowed 5 | 7:05-8:00 | 5:30-6:30 | 4:30-5:30 | 6:30-7:30 | 12:00-1:00 | | |
| minutes after class | Yoga | Indoor Cycling | Kickboxing | Boot Camp | Yoga | | |
| begins | Julie M. | Cissy | Meredith | Julie R. | Brooke | | |
| | | 5:35-6:30 | 5:35-6:30 | | 5:30-6:30 | | |
| Family Zumba®: | | Pilates | H.I.I.T. | | *Family Zumba® | | |
| Children ages 8 & up | | Andree | Cissy | | Jeannette | | |
| may accompany an | | 6:30-7:30 | 6:00-7:00 | | | | |
| adult family member. | | Werq® | Indoor Cycling | | | | |
| | | Natasha | Holly | | | | |
| | | 6:30-7:30 (Gym) | 6:35-7:00 | | | | |
| | | Boot Camp | Hard Core Abs | | | | |
| | | Cissy | Cissy | | | | |
| | | | 7:05-8:00 | | | | |
| | | | Yoga | | | | |
| | | | Julie M. | | | | |

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Class Descriptions

Cardio, Strength, and Core Classes

Aqua Fit-A shallow 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.

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.

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.

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

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.

H.A.B.I.T. (Hips, Abs, Buns, and Incredible Thighs!!!)

This is a muscle strengthening class that targets the hips, abs, buns, 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.

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 lower back pain!

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.

Indoor 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 cardiovascular challenge by using different speeds, resistances, & endurance segments

Kickboxing- This is a cardiovascular workout that will increase your heart rate by doing a combination of punching, kicking, and blocking. This fun energizing class offers various levels to meet everyone's needs.

We will also work on endurance, strength, and coordination while burning tons of calories by doing basic to advanced moves. It uses creative choreography to get your heart pumping and offers a total body workout.

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.

Zumba®- 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!

Werq®- The fiercely fun dance fitness workout class based on pop, rock, and hip-hop music taught by certified fitness professionals. The signature Werq® warmup previews the dance steps used in class and the signature Werq® cooldown includes balance and yoga inspired poses. Are you ready to Werq®?

Active Older Adult Classes

AOA- Active Older Adults come and join our low impact senior aerobic 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.

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.

Stretch & Tone- Strengthen connective tissue and stretch muscles you thought you never had. This class is designed to improve the elasticity of your muscles and restore and reaffirm muscle tone. Bands & other fitness equipment may be used to enhance the toning workout. The result is a feeling of increase muscle control, flexibility & range of motion.

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.

Kid & Family Classes

Kid Fit- A physical fitness program designed specifically for children between the ages of 6-8 & 9-11.

This class incorporates strength and cardio training, while enhancing balance and motor skills.