



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 <b>April 3, 2017</b> Classes are subject to change. To confirm a class call 687-1123.	5:45-6:45a Cycling Steve (SR)	8:30-9:30a Group Blast© Mona/Karen (CR)	5:45-6:45a Cycling Steve (SR)	8:30-9:15a Pilates Kelli (AR)	5:45-6:45a Cycling Steve (SR)	9:00-9:45a *Family Cycling* Tiffany (SR)
<b>Reminder:</b> CR is a multi-use room. Please be courteous to other programs. It is available by <b>5:10PM</b> every day for class use.	8:00-8:40a Yoga Kelli (AR)	9:30-10:30a Barre Blend Liz (AR)	8:00-8:40a Yoga Kelli (AR)	9:30-10:10a Barre Liz (AR)	8:00-8:40a Yoga Paige (AR)	9:00-9:30a Step Dusti (CR)
For your health, safety, and courtesy to all members and instructors, please do not be more than 5 minutes late to a class.	8:45-9:30a Pilates Kelli (AR)	10:15-11:15a Light N Low Kelli (CR)	8:45-9:45a Hip-Hop Step Annie (AR)	9:30-10:30a Power/Blast Combo© Kelli/Sarah (CR)	8:00-9:00a Group Power© Kelli (CR)	9:45-10:15 HIIT Dusti (AR)
	9:00-10:00a Group Power© Emily (CR)		9:00-10:00a Group Power© Emily (CR)	10:15-11:15a Zumba® Liz (AR)	9:00-9:30a Cycling Paige (SR)	9:45-10:45a Group Power© Emily/Kelli (CR)
	10:15-11:15a Light N Low Kelli (CR)				9:00a-10:00a Hip-Hop Annie (AR)	
					9:15-10:15a Group Blast© Emily (CR)	

**Family Group Cycling**  
Children must be 10 years old and properly fit on the bike.

4:45-5:15p Cycling Lindsay (SR)	4:45-5:15p Cycling Herb (SR)	4:45-5:15p Cycling Michelle H. (SR)	4:45-5:15p Cycling Shannon (SR)
5:15-5:25p HardCore Abs Lindsay (CR)	5:15-5:25p HardCore Abs Herb (CR)	5:15-5:25p HardCore Abs Michelle G. (CR)	5:15-5:25p HardCore Abs Emily (CR)
5:30-6:15p Step Dusti (CR)	5:30-6:15p *Family Cycling* Herb (SR)	5:30-6:15p *Family Cycling* Tiffany (SR)	5:15-6:00p BarreBlend Caroline (AR)
5:30-6:15p *Family Cycling* Shannon (SR)	5:00-5:30p BarreBlend Mona (AR)	5:30-6:15p Step-Cardio Michelle G. (CR)	5:30-6:15p *Family Cycling* Shannon (SR)
5:30-6:30 Yoga Susan (AR)	5:40-6:10p Group Blast© Mona (AR)	6:00-6:45p Pilates Layne (AR)	5:30-6:30p Group Power© Emily (CR)
6:30-7:30 Zumba® Liz (CR)	5:30-6:30p HITT Lindsay (CR)	6:30-7:30p Zumba® Liz (CR)	6:15-7:15p Zumba® Cindy (AR)
	6:15-7:15p Zumba® Cindy (AR)		6:40-7:10p Group Blast© Emily (CR)

**Class Descriptions:**

**15/10/5** This class is designed to meet specific goals. This class will consist of 15 minutes of toning, 10 minutes of abdominal work, and 5 minutes of stretching. This class is a quick one-stop shop to meet your full body needs.

**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.

**Barre** Barre combines the fitness benefits of Pilates, Yoga, and Ballet together in a fun and graceful class.

**EnhanceFitness®:** EnhanceFitness is an evidence-based group exercise program developed specifically to promote better balance and health for longevity of independent living. This beginner level, low impact class, focuses on four key areas important to the health and fitness of mature participants: stretching and flexibility; low impact aerobics; strength training with wrist and ankle weights; and balance. Class is designed to be safe yet challenging. All exercises in this class are designed to fit the needs of all activity levels.

**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.

**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.

**Group PowerQ- Strength Train Together** 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!

**Group BlastQ-**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.

**Power/Blast Combo®-** Strength and cardio all in one class.

**Step:** This intense step class integrates the step class you know and love and adds power to it! Moves will be bigger, harder, and more intense. Step up to this challenge.

**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!

**ZUMBA@STEP:** We combine the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor. Zumba® Step increase cardio and calorie burning, while adding moves that define and sculpt your core and legs.

**Dow Westside YMCA**

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