



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Americana YMCA

Group Schedule Summer 2018

Schedule is subject to change without notice

Call 654-9622 to confirm a class date and time.

Jump Start

Learn about the Y and set goals with our fitness staff. Sign up for this free assessment at our front desk

Kid Fit

Ages 7-11

Please sign children in with instructor in the Kids Zone.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:45 A.M.- 6:45 A.M. Body Sculpting Marsha	5:30 A.M.- 6:30 A.M. Yoga Kim	5:45 A.M.- 6:45 A.M. Body Sculpting Marsha	5:30 A.M.- 6:30 A.M. Yoga Kim	
	8:30 A.M.- 9:30 A.M. Bootcamp	8:00 A.M.- 9:00 A.M. Yoga Christina	8:00 A.M.- 9:00 A.M. Bootcamp Chris	8:00 A.M.- 9:00 A.M. Yoga Christina	8:15 A.M.- 9:00 A.M. Kickboxing Amber	8:00 A.M.- 9:00 A.M. Step Amber
		9:00 A.M.- 10:00 A.M. Barre Amanda	9:00 A.M.- 10:00 A.M. Zumba Amanda	9:00 A.M.- 10:00 A.M. Kickboxing Byron	9:00 A.M.- 10:00 A.M. Strength Train Together Cinda	9:00 A.M.- 10:00 A.M. Bootcamp Chris
	9:30 A.M.- 10:30 A.M. Kickboxing Byron	9:30 A.M.- 10:00 A.M. Elliptical Trainer Tammy		9:30 A.M.- 10:00 A.M. Elliptical Trainer Tammy		
		10:00 A.M.- 11:00 A.M. Zumba® Amanda	10:00 A.M.- 11:00 A.M. Barre® Amanda		10:00 A.M.- 11:00 A.M. Barre® Amanda	10:00 A.M.- 11:00 A.M. Pilates Plus Mary
	11:30 A.M.- 12:30 P.M. Aqua Core- Dio Mary	11:30 A.M.- 12:30 P.M. Pilates Plus Mary	11:30 A.M.- 12:30 P.M. Aqua Core- Dio Mary	11:30 A.M.- 12:30 P.M. Pilates Plus Mary	11:00 A.M.- 12:00 P.M. Zumba® Amanda	11:30 A.M.- 12:30 P.M. Aqua Core- Dio Mary
					11:30 A.M.- 12:30 P.M. Aqua Core-Dio Mary	
	5:30 P.M.- 6:30 P.M. Zumba® Jennifer	6:30 P.M.- 7:30 P.M. Yoga Kim	5:30 P.M.- 6:30 P.M. Zumba® Jennifer	5:30 P.M.- 6:30 P.M. Kickboxing Chris		
	6:30 P.M.- 7:30 P.M. H.A.B.I.T Amber		6:30 P.M.- 7:30 P.M. Strength Train Together Cinda	6:30 P.M.- 7:30 P.M. Step Amber		
	6:30 P.M.- 7:30 P.M. Aqua Zumba Charmaine		6:30 P.M.- 7:30 P.M. Aqua Zumba Charmaine			

Americana YMCA

4200 Liberty Way, Zachary, La 70791

P 225 654 9622 ymcabr.org

Cardio, Strength, and Core Classes

Barre® - A combination of ballet, Pilates and Yoga to shape and sculpt your body from head to toe.

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 a great cardiovascular workout.

Boot Camp- Achieve your fitness goals with this high-energy, drill based, interval sessions!

Your agility, strength, cardio vascular fitness, and core stabilization will be challenged using your own body weight and equipment-based drills.

H.A.B.I.T - (Hips, Abs, Butts, and Incredible Thighs!!) - This is a muscle strengthening class that targets the hips, abs, butt, 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.

Kid Fit - A physical fitness program designed specifically for children between the ages of 7-11. This class incorporates strength and cardio training, while enhancing balance and motor skills

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.

Pilates Plus- This is a traditional Pilate's class that is designed to lengthen and strengthen the body using core muscles. This class will help with balance, flexibility and posture. We also introduce the Barre in this class.

Step N 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.

Zumba® - 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!

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 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.

Yoga - This class will go through a series of poses; designed to help with physical alignment, with an understanding of correct movements and various deep relaxation techniques. It increases strength, flexibility, and awareness of the body to develop anatomical a more healthful movement. Gain the benefits of stretching, core strengthening, overall body toning and awareness. The benefits will enhance strength, posture, flexibility, enhance blood circulation, decrease blood pressure and leave you feeling refreshed and relaxed.