



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

SOUTHSIDE YMCA

| Winter 2019 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------|--|---|--|--|---|--|
| 5 AM | | 5:30-6:30am Strength/Cardio Together Sandra | 5:05-6:00 am Cardio Step Together Sandra | 5:30-6:30am Strength Train Together Sandra | | |
| 7 AM | 7:00-8:00am Strength Train Together Pam | 6:45-7:45am Balance And Flex Pam | 7:00-8:00am Strength Train Together -Pam | 6:45-7:45am Balance And Flex Sandra | 7:00-8:00am Strength Train Together -Pam | 8:30-9:00 am KID FIT* Check in by 8:25 |
| 8 AM | 8:10-9:10am Yoga Brooke | 8:00-9:00am Pilates Rachel | 8:10-9:10am Yoga Brooke | 8:00-9:00am Pilates Rachel | 8:10-9:10am Yoga Brooke | 8:30-9:30am Cardio Step Together- Laurie |
| 9 AM | 9:15-10:15am Step N Tone Develyn | 9:15-10:30am Body Sculpting Develyn | 9:15-10:15am Step N Tone Develyn | 9:15-10:30am Body Sculpting Develyn | 9:15-10:15am Step N Tone Develyn | 9:30-10:30am Balance And Flex Julie |
| 10 AM | 10:00-11:00 am Aqua-Fit Jo | 10:00-11:00 am Aqua-Fit Brooke | 10:00-11:00 am Aqua-Fit Jo | 10:00-11:00 am Aqua-Fit Brooke | 10:00-11:00 am Aqua-Fit Jo | 10:30-11:30am Strength Training Together- Megan |
| | | 10:30-11:30 am Tai Chi Kevin | | 10:30-11:30 Tai Chi Kevin | | |
| 11 AM | 11:00-12:00 pm Movement Matters \$\$ Gina (Multi-Purp room) | | 11:00-12:00 pm Movement Matters \$\$ Gina (Multi-Purp room) | | | |
| | 11:20-12:20pm Active Older Adults Jo | 11:30-12:30 Yoga (Chair) Jo | 11:20-12:20pm Active Older Adults Jo | 11:30-12:30 Yoga (Chair) Jo | 11:20-12:20pm Active Older Adults Jo | |
| 5 PM | 5:30-6:30 Zumba Tanya | 5:30-6:30 pm Strength Train Together -Julie | 5:30-6:30pm Zumba@-Tanya | 5:30-6:30 pm Strength Train Together -Megan | | |
| 6 PM | 6:00-7:00pm Aqua-Fit-Tracy | 6:30-7:30pm Balance And Flex Julie | 6:00-7:00pm Aqua-Fit-Tracy | 6:30-7:30 PM Balance And Flex Megan | | |
| | 6:30-7:15 H.I.I.T Markus | | 6:30-7:15 H.I.I.T Markus | | | |
| <i>Updated 01/04/2019</i> | | | | | | |

Southside YMCA

8482 Perkins Road, Baton Rouge, La 70810

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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.

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!

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.

Hip Hop/Abs- Get fit with the latest dance moves in a hi-energy class. We'll get your body moving to exciting dance combinations, while getting a great workout. Finish your total body workout with exercises designed to strengthen your core.

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.

KidFit - is a physical fitness program designed specifically for children between the ages of 6-11. This class incorporates strength and cardio training, while enhancing balance and motor skills.

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!

H.A.B.I.T - (Hips, Abs, Buns, 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.

AquaFit - A shallow water fitness class appropriate for non-swimmers 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.

Spirit, Mind, and Body Classes

Tai Chi- This "ballet of martial arts" class is designed to improve flexibility, enhance blood circulation, decrease blood pressure, and leave you feeling refreshed and relaxed.

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.

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 workouts 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.

Balance And Flex Together- will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

For Our Active Mature Member

Active Older Adults 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. A.O.A (Active Older Adults) - Come and join our low impact senior aerobics 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.

Yoga Chair 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, and never having to leave the floor. You will leave with an overall sense of well-being.

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