



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

EXXONMOBIL YMCA

Group Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FALL 2017						
Schedule Begins Monday, August 1 st and is subject to change, please call 906-5424 to confirm a class date and time.	7:30-8:30a Yoga Christina	8:30-9:30a Pilates Darlene	7:30-8:30a Yoga Christina	8:30-9:30a Pilates Mary	7:30-8:30a Yoga Christina	9:30-10:30a H.I.I.T. Keldric
	8:30-9:30a Line Dance Gwen	9:30-10:30a Boot Camp TJ	8:30-9:30a Line Dance Gwen	9:30-10:30a Boot Camp TJ	8:30-9:30a Line Dance Gwen	
	9:30-10:30a Body Sculpt Melody		9:30-10:30a Body Sculpt Melody	10:30-11:30a Line Dance Gwen		
	*9:30-10:30a AOA Marsha	*9:30-10:30a AOA Marsha		*9:30-10:30a AOA Marsha		
	5:30-6:30p Run Club Kenny	6:00-7:00p Boot Camp Shelneka	6:00-7:00p CuRobiks Shelneka	*5:30-6:30p Boot Camp Keldric	5:00-6:00p Outdoor Circuit Kenny	
	*5:30-6:30p Boot Camp Keldric		*6:00-7:00pm H.I.I.T. Keldric	6:30-7:30p Cardio Step Together John		

Running Club
 Meets Monday's at 5:30PM in the lobby.

(* means classes are in the gym)

Cardio, Strength, and Core Classes:

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, cardiovascular fitness, and core stabilization will be challenged using your own body weight and equipment-based drills.

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.

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.

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.

Cardio Step Together - 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.

CuRobiks- is a mixture of calisthenics, aerobics and line dancing led and instructed by award winning – multi platinum recording artist, Cupid. This explosive and addicting fun filled exercise method allows for a great full body workout while dancing yourself into shape.

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.

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

For Our Active Mature Member:

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.

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