



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

## SOUTHSIDE YMCA

Group Schedule updated August 2017	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Schedule is subject to change, please call 766-2991 to confirm a class date and time. \$-indicates registration fee is required</p> <p>To ensure a safe and effective class, as well as minimize disruptions to classes, participant's should arrive for class on time to receive adequate warm up and instruction. Entering a class after it has begun is discouraged.</p>	6:00-6:50am H.A.B.I.T D'Andre	5:30-6:30am Strength/Cardio Together Sandra	5:05-6:00am Cardio Step Together Sandra	5:30-6:30am Strength Train Together Sandra	6:00-6:50am H.A.B.I.T D'Andre	
	7:00-8:00am Strength Train Together Pam	6:45-7:45am Yoga Mack	6:00-6:50am H.A.B.I.T D'Andre	6:45-7:45am Yoga Mack	7:00-8:00am Strength Train Together -Pam	
	8:10-9:10am Yoga John	8:00-9:00am Pilates Rachel	7:00-8:00am Strength Train Together -Pam	8:00-9:00am Pilates Rachel	8:10-9:10am Yoga Mack	8:30-9:30am Zumba® Tonya
	9:15-10:15am Step N Tone Develyn	9:15-10:30am Body Sculpting Develyn	8:10-9:10am Yoga Mack	9:15-10:30am Body Sculpting Develyn	9:15-10:15am Step N Tone Develyn	9:30-10:30am Pilates Tonya
	10:00-11:00am Aqua-Fit Jo	10:00-11:00am Aqua-Fit Jo	9:15-10:15am Step N Tone Develyn	10:00-11:00 Aqua-Fit Jo	10:00-11:00am Aqua-Fit Jo	10:30-11:30am Strength Train Together -Julie
	Movement Matters \$\$ 11:00-12:00pm Gina (MultiPurp Room)	11:30-12:30am Yoga (Chair) Jo	10:00-11:00am Aqua-Fit Jo	10:30-11:30 Tai Chi Kevin	11:20-12:20pm Active Older Adults Jo	
	11:20-12:20pm Active Older Adults Jo	4:30-5:30 Zumba Toning Tonya	Movement Matters \$\$ 11:00-12:00pm Gina (MultiPurp Room)	11:30-12:30 Yoga (Chair) Jo	5:35-6:35pm Zumba Tonya	
	4:30-5:30 Hip Hop + Abs Tonya	5:30-6:30 pm Strength Train Together -Julie	11:20-12:20pm Active Older Adults Jo	5:30-6:30 pm Strength Train Together -Julie		
	5:30-6:15pm HIIT Mac	6:40-7:40pm Tai Chi Phillip	5:30-6:30pm HIIT Mac – multi purp	6:40-7:40pm Yoga/Pilates Tonya		
	5:30-6:00pm Kid's Fit		5:35-6:35pm Zumba®-Tonya			
<p><b>KIDS FIT</b> Mon &amp; Wed 5:30-6:00pm <u>Kid's Zone Hours</u> M-F 8:00-11:30a M-Th 4:30-7:30p Fri 4:30-7pm Sat 8:15-11:45am</p>	6:30-7:45 Strength/Cardio Together -Julie	7:45-8:45pm \$Kung Fu	6:30-7:30pm Cardio Step Together Pam	7:45-8:45pm \$Kung Fu		
	6:00-7:00pm Aqua-Fit Tracy		6:00-7:00pm Aqua-Fit Tracy			

### Southside YMCA

8482 Perkins Road, Baton Rouge, La 70810

P 225 766 2991 F 225 766 7331 ymcabr.org

**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.

**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.

### **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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