



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

Updated 12/28/17

**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
		5:45-6:45 Body Sculpting Marsha	5:30-6:30 Yoga Kim	5:45-6:45 Body Sculpting Marsha	5:30-6:30 Yoga Kim	
	8:30-9:30 Bootcamp Byron	8:00-9:00 Yoga Christina	8:00-9:00 Bootcamp Chris	8:00-9:00 Yoga Christina	8:15-9:00 Kickboxing Amber	8:30-9:30 Step Amber
		9:00-10:00 Barre Amanda	9:00-10:00 Zumba Amanda	9:00-9:30 Elliptical Trainer Tammy	9:00-10:00 Group Power Cinda	
		9:00-9:30 Elliptical Trainer Tammy		9:00-10:00 Kickboxing Byron		
	9:30-10:30 Kickboxing Byron					
		10:00-11:00 Zumba@ Amanda	10:00-11:00 Barre@ Amanda		10:00-11:00 Barre@ Amanda	10:00-11:00 Pilates Plus Mary
	11:30-12:30 Hi/Low Mary	11:30-12:30 Pilates Plus Mary	11:30-12:30 Core Connection Mary	11:30-12:30 Pilates Plus Mary	11:00-12:00 Zumba@ Amanda	11:00-12:00 Bootcamp Chris
					12:00-1:00 Hi/Low Mary	
	5:30-6:30 Zumba@ Jennifer		5:30-6:30 Zumba@ Jennifer	5:30-6:30 Kickboxing Chris		
	6:30-7:30 H.A.B.I.T Amber	6:30-7:30 Yoga Kim	6:30-7:30 Strength Train Together Cinda	6:30-7:30 Step Amber		

### 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.

**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.

**Core Connection**- This class is for all ages. It will focus on functional fitness. This class will strengthen, tone and define your abs with easy to follow yet challenging movements. Props are utilized to help to sculpt the midsection.

**Enhance Fitness®** - Enhance Fitness 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. 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.

**Family Fit** - Get a fun workout in while spending time with your loved ones of all ages.

**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.

**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 lower back pain!

**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.

**Stretching** - Relieve stress and tension, enhance flexibility and more. This stretching class will teach participants how to stretch effectively, safely and correctly with lasting results.

**Yogalates** - In this class, we combine Yoga and Pilates for a total body workout focused on toning the glutes, thighs and stomach. This low-impact workout will increase your fitness level. Develop your core strength and stabilization through Pilates poses, and improve your flexibility, muscular strength, posture and alignment through Yoga poses, breathing and relaxation.

**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!

## 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.

**Lite & Low Aerobics** - An energizing low impact workout that includes a cardiovascular section along with overall body toning which makes this a safe and balanced program for active older adult, beginner exerciser, or those looking for a slower paced class.

**Hi/Low** - If you're looking for an energizing workout that's high intensity but low impact, look no further! This high intensity and low impact class has easy to follow cardiovascular movements for all fitness levels. Modifications are shown so participants can choose their own levels of intensity and impact.

Calorie burning, total body workout. prepare to sweat!

## 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.

**Core Dynamics - 45 mins.** - This is a blend of the traditional strength program and Pilates-based exercises into one class. The result is a total body workout with a new focus. You will get the benefits of our strength program with the body awareness and core control that come from a Pilates-based program.

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