



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

EXXONMOBIL YMCA

Summer 2018

Schedule Begins
Friday, June 1st and is
subject to change,
please call 906-5424
to confirm a class
date and time.

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

**(*) means classes
are in the gym**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:30 – 8:30am Walk Group Cherry / Thomas	7:30 – 8:30am Walk Group Cherry/ Thomas	7:30 – 8:30am Walk Group Cherry / Thomas	7:30 – 8:30am Walk Group Cherry /Thomas	7:30 – 8:30am Walk Group Cherry / Thomas	
	7:30-8:30am Yoga Christina	8:30-9:30am Pilates Darlene	7:30-8:30am Yoga Christina	8:30-9:30am Pilates Mary	7:30-8:30am Yoga Christina	9:30-10:30am H.I.I.T. Keldric
	8:30-9:30am Line Dance Gwen	9:30-10:30am Boot Camp Melody	8:30-9:30am Line Dance Gwen	9:30-10:30am Boot Camp Melody	8:30-9:30am Line Dance Gwen	
	9:30-10:30am Body Sculpt Melody		9:30-10:30am Body Sculpt Melody			
		*9:30-10:30am AOA Marsha		*9:30-10:30am AOA Marsha		
	5:30-6:30p Run Club Kenny	5:30-6:30p H.A.B.I.T. Kenny		*5:30-6:30pm Boot Camp Keldric	5:00-6:00pm Outdoor Circuit Kenny	
	*5:30-6:30pm Boot Camp Keldric		*6:00-7:00pm H.I.I.T. Keldric	6:30-7:30pm Cardio Step John		
	6:00-7:00pm Yoga Coco		6:00-7:00pm Yoga Coco			

Class Descriptions:

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.

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.

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.

Light N Low - Uses low impact moves for cardiovascular conditioning as well as muscular endurance and overall toning. This class will get you going and make you feel energized by the end of class. It is a great way to start or end your day.

Spin - Our indoor cycling class starts with a 5 minute warm-up of easy pedaling and a focus on proper technique. Once the class starts be prepared to ride your way through rolling hills, steep climbs, false flats, and sprints. This class will also offer a cardio challenge by using different speeds, resistances, and endurance segments.

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!

For Our Active Mature Member

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.

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