



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

SOUTHSIDE YMCA

Summer 2018	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 AM		5:30-6:30 am Strength/Cardio Together Sandra	5:05-6:00 am Cardio Step Together Sandra	5:30-6:30 am Strength Train Together Sandra		
7 AM	7:00-8:00 am Strength Train Together Pam	6:45-7:45 am Yoga Cherie	7:00-8:00 am Strength Train Together -Pam	6:45-7:45 am Yoga Cherie	7:00-8:00 am Strength Train Together -Pam	8:30-9:00 am KID FIT* Check in by 8:25a
8 AM	8:10-9:10 am Yoga Brooke	8:00-9:00 am Pilates Rachel	8:10-9:10 am Yoga Brooke	8:00-9:00 am Pilates Rachel	8:10-9:10 am Yoga Brooke	8:30-9:30 am Cardio Step Together-Laurie
						8:30-9:00 am HIIT
9 AM	9:15-10:15 am Step N Tone Develyn	9:15-10:30 am Body Sculpting Develyn	9:15-10:15 am Step N Tone Develyn	9:15-10:30 am Body Sculpting Develyn	9:15-10:15 am Step N Tone Develyn	9:00-9:15 am Abs together MAC
10 AM	10:00-11:00 am Aqua-Fit Jo	10:00-11:00 am Aqua-Fit Jo	10:00-11:00 am Aqua-Fit Jo	10:00-11:00 am Aqua-Fit Jo	10:00-11:00 am Aqua-Fit Jo	9:30-10:30 am Pilates Tonya
		10:30-11:30 am Tai Chi Kevin		10:30-11:30 am Tai Chi Kevin		10:30 – 11:30 Strength Train Together *Resumes July7*
11 AM	11:00-12:00 pm Movement Matters \$\$ Gina (Multi-Purp room)		11:00-12:00 pm Movement Matters \$\$ Gina (Multi-Purp room)			
	11:20-12:20 pm Active Older Adults Jo	11:30-12:30 pm Yoga (Chair) Jo	11:20-12:20 pm Active Older Adults Jo	11:30-12:30pm Yoga (Chair) Jo	11:20-12:20 pm Active Older Adults Jo	SUNDAY SPECIALTY
5 PM	5:30-6:30 pm Zumba Tanya	5:30-6:30 pm Strength Train Together -Julie	5:30-6:30 pm Zumba Tanya	5:30-6:30 pm Strength Train Together -Julie		4:00-5:00 pm SUPER SUNDAY BOOTCAMP!
6 PM	6:00-7:00 pm Aqua-Fit-Tracy		6:00-7:00 pm Aqua-Fit-Tracy			<ul style="list-style-type: none"> • 06/24 • 07/22 • 08/19 Julie Russell
	6:30-7:30 pm H.I.I.T & Core Mac		6:30-7:30 pm H.I.I.T & Core Mac			*Childcare on these Sundays: 3:45 – 5:00

*Effective: June 1, 2018

* Subject to Change

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****Saturday's Strength Train Together with Julie Russell resumes July 7th. ****

CLASS DESCRIPTIONS

Aqua Fit - 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.

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.

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.

H.I.I.T. & Core - 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. This training also provides core training for the deep tissue core muscles.

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.

Strength Train Together: This class 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!

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!

MIND-BODY-FLEXIBILITY FITNESS:

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.

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.

ACTIVE OLDER ADULT FITNESS:

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.

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

YOUTH FITNESS:

KidFit - is a physical fitness program designed specifically for children between the ages of 6-11. This class incorporates strength

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and cardio training, while enhancing balance and motor skills. **Please check in at the front desk no later than 5 minutes before KIDFIT begins. Children will be returned to KidZone.**

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