



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

A.C. Lewis YMCA

Gymnasium

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---------------------------------|------------------------|---------------------------------|----------------------|---------------------------------|----------|
| 5:45-6:45am | Body Sculpting II Ian G. | | Body Sculpting II Ian G. | | Body Sculpting II Ian G. | |
| 4:30-5:25pm | | Zumba® II Rachel | | Zumba® II Rachel | | |
| 5:35-6:35pm TTh 5:40-6:40pm MW 5:30-6:30pm F | Step N Tone II John | Step N Tone II John | Step N Tone II John | Kickboxing Adrian | Circuit Training III Derrick | |
| 6:45-7:45pm | Circuit Training III Derrick | | Circuit Training III Derrick | | | |

Group Exercise Studio

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|-----------------------------------|--|-----------------------------|--|--|---|---|
| 5:45-6:45am | | Spin II Charlie | | Spin II Charlie | | |
| 8:00-8:55am | Yoga I Susan | | Yoga I Susan | | | |
| 9:00-10:00am | Light & Low II Gail | Pilates II Gail | Light & Low II Gail | Pilates II Gail | Step N Tone II Gail | Two Sizes Smaller (registration required) |
| 10:05-11:00am | | Standing Strong® I Susan | Pilates I Donna 10:10-10:55 | Standing Strong® I Susan | | Step N Tone II Connie 9:45-10:45 |
| 11:00-11:55am | Enhance Fitness® I Easy Does It Ashly | | Enhance Fitness® I Easy Does It Ashly | | Enhance Fitness® I Easy Does It Ashly | Karate (registration required) 11:00 – 2:00 |
| 12:00-1:00pm | Body Sculpting II Madeline 12:00-12:45PM | Yoga II Ashly | Body Sculpting II Madeline 12:00-12:45PM | Spin II Madeline | | Studio Closed |
| 4:00-5:00pm | | | Fencing (registration required) | | | |
| 5:05-6:00pm MW 4:30-5:25pm TTh | Pilates II Gail | Pilates II Gail | Pilates I Theresa | Youth Dance (registration required) | | |
| 5:30-6:30pm | | Yoga II Brooke | | Yoga II Brooke | Karate (registration required) | |
| 6:05-6:50pm | Spin II Allison/Cheryl | | Spin II Thomas | | | |
| 7:00-8:00pm | Chicago Steppin (registration required) | | Two Sizes Smaller (registration required) | | | |

Gravity Well

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|---------------|--------------------------------------|------------------------|--|----------------------------------|--|------------------------|
| 8:15-9:00am | | GTS Strength Dana | | GTS Strength Dana | | |
| 9:00-9:30am | | | | | | GTS Strength Connie |
| 11:30-12:00pm | GTS Strength Madeline | | GTS Strength Madeline | | | |
| 5:30-6:00pm | GTS Strength Derrick | | GTS Strength Derrick | | | |
| 6:00-6:30pm | Core Dynamics Cody 6:05-6:50pm | GTS Strength Melody | Core Dynamics Connie 6:05-6:50pm | GTS Strength Melody | | |
| 6:35-7:05pm | | GTS Strength John | | All Gravity classes are Level II | | |

Our class schedule may change without notice. Please call 225-924-3606 if you would like to confirm a class date or time.
Thank you for your understanding.

May 7, 2012

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.

BOSU® - BOSU is an acronym for “both sides up”. The BOSU balance trainer can be used with the platform side either up or down for different types of balancing. The BOSU workout is unlike anything you have tried before.

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.

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!

Active Older Adult Classes

Enhance Fitness® Easy Does It – is an evidence-based group exercise program developed specifically for older adults 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 are designed to fit the needs of all activity levels.

Standing Strong® – Evidence-based physical mobility programs that will help reduce the risk of falls in older adults. This class involves strengthening, balance, and cardio respiratory endurance exercises utilizing Thera-bands, Stability trainers, & exercise balls.

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.

Gravity Classes

Gravity machines are limited to the first 10 participants. Please sign up at the Gravity Well 30 minutes before class begins. We ask that you observe a Gravity class before participating in one of our GTS classes.

Gravity Strength – 30 min. – These high intensity muscular strength and endurance routines are designed for time-efficient, yet effective, full-body workouts—challenging even the physically elite. These classes deliver a complete combination of strength, flexibility and low intensity cardio training in 30 minutes. These classes are in a group setting to music (one instructor/ten members).

Core Dynamics – 45 min. – Core Dynamics 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.

You may participate in any class but we have noted each class with a level I, II, or III to help you identify the correct intensity.

Level I: Class format is designed to give basic skills required to perform the class in a safe, fun, and effective manner. Class is suitable for someone just beginning to exercise, or coming back to exercise. No experience is necessary.

Level II: Class is designed for the student who has the basic skills needed to perform the class. Class will incorporate basic movements with modifications to allow for an increase in intensity or may be longer in duration. Basic experience is necessary.

Level III: Class is designed for the student who has had regular exercise experience. Class will incorporate moderate to high levels of intensity. Class duration varies depending on type of class taught.