



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

**Group Exercise
C.B. Pennington Jr. YMCA
Gymnasium**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00am	Light N Low I Adrian		Light N Low I Adrian		Light N Low I Adrian	
9:15-10:15am		Zumba ^{® II} Tania		Zumba ^{® II} Tania		
10:00-11:00am	Circuit Training II/III Adrian		Circuit Training II/III Adrian		Hip Hop Abs II/III Adrian	
10:30-11:30am		AOA I Lisa		AOA I Lisa		
5:30-6:30pm		Kids Fit Julie		Kids Fit Julie		
6:00-6:30pm	Body Sculpting II/III Adrian	Zumba ^{® II} Natasha	Body Sculpting II/III Adrian	Zumba Toning ^{® II} Natasha		
6:30-7:00pm	Kickboxing II Adrian		Hip Hop Abs II/III Adrian			
7:30-9:00pm		Pickle ball Everyone		Pickle ball Everyone		

Group Exercise Studio

5:30-6:30am		Body Sculpting II Mary Linn		Pilates I/II Mary Linn		
6:30-7:30am		On the Ball II/III Mary Linn		On the Ball II/III Mary Linn		
8:30-9:30am		Step N Tone II/III Dina		Yoga I Monique		Kickboxing II Fran
9:15-10:00am	Pilates I/II Mary		Pilates I/II Mary			
9:30-10:30am		Yoga II Amy		H.A.B.I.T II/III Bonnie		\$\$ Judo/Jujutsu I/II Kids Robert
10:30-12:00pm						\$\$ Judo/Jujutsu I/II Adults Robert
11:00 – 12:00pm			Tai Chi I Michael		Tai Chi I Michael	
5:15-6:00pm	Step II Fran					
5:15-6:15pm		Step N Tone III Lisa		Step N Tone III Lisa		
5:30-6:30pm			Yoga I/II			
6:00-7:00pm	Yoga I/II					
6:30-7:30pm		\$\$ Judo/Jujutsu I/II Kids Robert		\$\$ Judo/Jujutsu I/II Kids Robert		
7:30-9:00pm	\$\$Ballroom Dance (7-8pm)	\$\$ Judo/Jujutsu I/II Adults Robert		\$\$ Judo/Jujutsu I/II Adults Robert		

Spin Studio (Indoor Pool Area)

5:15-6:15am	Spin II Cheryl		Spin II Cheryl		Spin II Cheryl	
6:00-7:00pm	Spin II Christy			Spin II Christy		

Our class schedule may change without notice. Please call 225-272-9622 if you would like to confirm a class date or time.
Thank you for your understanding. \$: Indicates a registration fee is required to participate in class.

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.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.

Hip Hop: If you like to dance, this class is for you. This class breaks down dance patterns into easy to learn sections where you will learn funk and hip hop patterns. Move and sweat to the beat of the music!!

Kickboxing: This is 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.

On the Ball

This workout is designed to sculpt and tone your entire body. Experience an intense yet fun workout by combining unique sequences of traditional and contemporary body sculpting exercises. Ball training heightens postural awareness, spinal stabilization, balance, and core strengthening. This session will give you a total body workout and you'll have a ball doing it.

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!

Kid and Family Classes

Kid Fit: It 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.

Pickle ball: This combination of tennis and badminton is played on any hard surface with lightweight wooden/graphite paddles and extra tough plastic whiffle balls. This sport is ideal for children as well as adults and requires 2-4 players.

Active Older Adult Classes

A.O.A (Active Older Adults): Come and join our low impact senior aerobic 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.

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.

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.

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.

Although our instructors invite everyone at any level to participate in their classes we have noted each class with a level I, II, or III.

This will help you identify the correct intensity or level of our classes so that you may choose one that fits your needs.

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

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.