



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

ExxonMobil YMCA

April, 2012 Group Exercise Schedule
Group Exercise Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am-8:30am	Yoga Shakti Thomas		Yoga Shakti Thomas		Yoga Shakti Thomas	
8:30am-9:30am	Boot Camp James Jordan	Pilates I Mary Tourres	Boot Camp Mark Sensley	Pilates I Mary Tourres	Body Sculpting I Melody Williams	
9:30am-10:30am	Body Sculpting I Melody Williams		Body Sculpting I Melody Williams		Zumba@* Lydia	Kid Fit Isiah
10:30am-11:30am	Zumba Gold@* Keisha Pooler		Zumba@* Lydia	Zumba Gold@* Keisha Pooler		
11:00am- 12pm		Step N Tone Mark Sensley		Step N Tone Mark Sensley		
11:30am-12pm	Hard Core Abs James Jordan		Hard Core Abs James Jordan			
12pm-1pm		*Workout Orientation Free Weight training Christina/Tomeka				
4pm-5pm				*Workout Orientation Free Weight training Christina/Melody		
4:30pm-5:30pm		Zumba@ Jill Walls	H.A.B.I.T Mark Sensley	Zumba@ Jill Walls		
5:30pm-6:30pm			Step N Tone II Mark Sensley			
6:00pm-7:00pm	Body Sculpting I James Jordan	Zumba@ Wanda Thomas				
6:30pm-7:30pm				Step N Tone II John Denman		
7:00pm- 8:00pm		Circuit/ Kickboxing Adrian B				

Class II (GYM)

9:30am-10:30am		AOA* Mary Tourres		AOA* Mary Tourres		Zumba@ Lydia/Wanda
10:30am-11:30am						Circuit Training Adrian B
5:00pm-6:00pm	Boot Camp James Jordan	Circuit Training Mark Sensley		Circuit Training Mark Sensley	Kickboxing Adrian B	
6:00pm-7:00pm	Zumba@ Toning Jill Walls	Kickboxing Adrian B	Zumba@ Toning Jill Walls	Zumba@ Wanda Thomas	Hip Hop Abs I Adrian B	
6:00pm-7:00pm	Kid Fit Ashley	Kid Fit Tomeka	Kid Fit Tomeka	Kid Fit Ashley		

- ❖ Please check Class Descriptions on back.
- ❖ This schedule will start on **May 1st 2012**.

*Please sign up for **Workout Orientation Class** at the front desk
Our class schedule may change without notice. Please call 225-906-5424 if you would like to confirm a class date or time.
Thank you for your understanding.