



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	5:15-6:15 Sports Enhancement (II) Meredith 5:15-6:15 Spin (I,II,III) Tracy 7:30-8:30 Zumba Gold@ (I) Stephanie 8:30-9:30 AOA (I) Jo 8:30-9:30 Aqua Fit (II,III) Andree 9:30-10:30 Spin (I,II,III) Karen 9:35-10:30 Pilates (III) Rachel 9:30-10:30 (Highland) Yoga (I) Amy *Chairs are used 10:30-11:30 Aqua Fit (II,III) Karen 10:35-11:30 Pilates (I) Margaret	5:15-6:15 Body Sculpting (III) Debbie 5:45-6:45 Spin (I,II,III) Cheryllyn 9:15-10:15 (Gym) H.A.B.I.T. (III) Debbie 8:30-9:30 Aqua Fit (II,III) Angela 8:30-9:30 Light N Low (I) Laurie 9:30-10:30 Spin (I,II,III) Shannon 9:35-10:30 Body Sculpting (II) Danielle Z. 10:35-11:30 Pilates (III) Rachel 11:30-12:30 Yoga (I) Amy	5:15-6:15 Sports Enhancement (II) Meredith 5:15-6:15 Spin (I,II,III) Tracy 7:00-8:00 Zumba @ (I,II,III) Stephanie 8:30-9:30 AOA (I) Jo 8:30-9:30 Aqua Fit (II,III) Angela 9:30-10:30 Spin (I,II,III) Karen 9:35-10:30 Pilates (III) Rachel 10:30-11:30 Aqua Fit (II,III) Karen 10:35-11:30 Pilates (I) Margaret	5:15-6:15 Body Sculpting (III) Debbie 5:45-6:45 Spin (I,II,III) Cheryllyn 9:15-10:15 (Gym) Boot Camp (III) Debbie 8:30-9:30 Aqua Fit (II,III) Angela 8:30-9:30 Light N Low (I) Laurie 9:30-10:30 Spin (I,II,III) Nancy 9:35-10:30 Body Sculpting (II) Danielle Z. 10:35-11:30 Pilates (III) Rachel	5:15-6:15 Sports Enhancement (II) Meredith 5:15-6:15 Spin (I,II,III) Tracy 6:20-7:15 Yoga (I,II) Janene 8:30-9:30 AOA (I) Jo 8:30-9:30 Aqua Fit (II,III) Andree 9:30-10:30 Spin (I,II,III) Karen 9:35-10:30 Body Sculpting (II) Carmen	8:30-9:30 Step N Tone (III) / Body Sculpting (III) Vanessa/Laurie 9:00-10:00 Spin (I,II,III) Tracy/Ryan 9:30-10:00 Hard Core Abs (II,III) Vanessa/Laurie 10:05-11:00 Pilates (I,II) Margrett 10:15-11:15 Spin (I,II,III) Cheryl/Nick	
PM	4:30-5:30 Kickboxing (I,II) Meredith 5:35-6:30 Body Sculpting (I,II,III) Karen 6:00-7:00 Spin (I,II,III) Cissy 6:00-7:00 (Gym) Zumba @ (I,II,III) Natasha 6:35-7:05 Hard Core Abs (II) Karen 7:05-8:00 Yoga (I) Julie Paula G. Manship YMCA 8100 YMCA Plaza Dr. 225 767 9622 ymcabatonrouge.org	12:00-12:30 Spin (I,II,III) Shannon 4:30-5:30 Body Sculpting (I,II,III) Stephanie 5:30-6:30 Spin (I,II,III) Cissy 5:30-6:30 Kickboxing (I,II,III) Meredith (Highland) 5:35-6:30 Pilates (II) Teresa 6:00-7:00 (Gym) * Zumba @ (I,II,III) Jeannette Familles encouraged 6:30-7:30 Boot Camp (III) Cissy	4:30-5:30 H.A.B.I.T. (I,II) Meredith 5:35-6:30 Step N Tone (II,III) Cissy 6:00-7:00 Spin (I,II,III) Meredith 6:35-7:00 Hard Core Abs (II,III) Cissy 7:05-8:00 Yoga (II) Amy	12:00-12:30 Spin (I,II,III) Shannon 4:30-5:30 Body Sculpting (I,II,III) Karen 5:35-6:30 Pilates (II) Karen 6:00-7:00 Spin (I,II,III) Nick 6:30-7:30 Boot Camp (III) Stephanie 7:35-8:30 Yoga (I,II) Carmen	12:00-1:00 Yoga (I) Carmen 5:35-6:30 Zumba @ (I,II,III) Jeannette	3:00-4:00 Spin (I,II,III) Tracy/Ryan 4:00-5:00 Body Sculpting (III) Julie	<p>*Intensity Ratings: I-Beginner II-Intermediate III-Advanced</p> <p>*Gym-class is instructed in the basketball gym *Highland-class is instructed at the Tennis Center Highland Club</p> <p>*Tuesday Zumba-families invited to attend (For ages 7 & up- parents must be with children for participation)</p> <p>*Classes have a maximum capacity, please arrive to class early to ensure a spot</p> <p>*All classes provide modifications for all fitness levels</p> <p>*Bike reservations for spin begin 30mins prior to morning class & 1hr before evening You may sign-up in the spin room</p> <p>*Saturday 8:30am class alternates Body Sculpting and Step N Tone</p> <p>UPDATED 02/01/12</p>

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