



## Southside YMCA GROUP EXERCISE SCHEDULE

Classes will begin January  
30<sup>th</sup>

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

AM CLASSES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00-6:50 H.A.B.I.T. Guy	6:45-7:45 Yoga Nick	6:00-6:50 H.A.B.I.T. Guy	6:45-7:45 Yoga Nick	6:00-6:50 H.A.B.I.T. Guy	8:30-9:30 Zumba® Stephanie
	7:00-7:50 Body Pump® Guy	8:00-9:00 Pilates Rachel	7:00-7:50 Body Pump® Guy	8:00-9:00 Pilates Rachel	Body Pump® 7:00-7:50 Guy	9:30-10:30 Pilates Stephanie
	8:00-9:00 Yoga Nick	9:30-10:30 Body Sculpting Develyn	9:00-10:00 Step N Tone Develyn	9:30-10:30 Body Sculpting Develyn	8:00-9:00 Yoga Nick	10:30-11:30 Body Pump® Guy
	9:30-10:30 Step N Tone Develyn	11:15-12:15 Yoga (Chair) Jo	10:05-11:05 Yoga Amy	11:15-12:15 Yoga (Chair) Jo	9:30-10:30 Step N Tone Develyn	<b>Things to look out for!...</b>  Lose Big, Win Big Lifestyle Changing Program!  Mardi Gras Camp  Spring Soccer Registration  Spring Swimming Lessons
	11:15-12:15 Enhance Fitness® Jo		11:15-12:15 Enhance Fitness® Jo	11:15-12:15 Enhance Fitness® Jo		
PM CLASSES	4:30-5:30 Step N Tone Marcus	5:15 -5:30 Hard Core Abs April	4:30-5:30 Step N Tone Develyn	5:15-5:30 Hard Core Abs April	5:30-6:30 Zumba® Stephanie	<b>Don't forget!</b>  Member Appreciation is the last Wednesday of every month!  We love our members, so help yourself to something special!
	5:35-6:35 Zumba® Jessica	5:30-6:30 Kickboxing April	5:35-6:35 Zumba® Stephanie	5:30-6:30 Kickboxing April		
	6:45-7:45 Body Pump® Guy	6:35-7:35 Boot Camp Guy	6:45-7:45 Body Pump® Guy	6:35-7:35 Boot Camp Guy		
	<b>Kids Fit Classes</b>  Mondays & Wednesdays 5:30-6:30 Roshone (Multi-Purpose Rm)		6:45-7:45 Pilates (MPR) Stephanie	<b>Aquafit Classes</b>  Monday – Friday 10:00-11:00AM Jo  Mondays & Wednesdays 6:00-7:00PM Cindy  Saturdays 10:00-11:00AM Cindy		



**Southside YMCA**  
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## **Cardio, Strength, and Core Classes**

**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.

**Body Pump®** BODYPUMP™ is the original barbell class that shapes, tones and strengthens your entire body. This 60-minute addictive workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. The key to BODYPUMP™ is THE REP EFFECT™, a breakthrough in fitness training focusing on high repetition movements with low weight loads. With the latest chart topping music, highly trained instructors and your choice of weight, get the results you are looking for – and fast!

**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.

**Boot Camp** Achieve your fitness goals with this high-energy, drill-based, interval sessions! Your agility, strength, cardiovascular fitness, and core stabilization will be challenged using your own body weight and equipment-based drills.

**Hard Core Abs** Target and challenge the abdominals, back, and hips in this intense and dynamic workout. You will learn how to effectively strengthen the core using proper form and technique! By building core strength, you will be able to improve your posture and ward off lower back pain!

**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.

**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.

## **Active Older Adult Classes**

**Enhance Fitness®** EnhanceFitness is an evidence-based group exercise program developed specifically for older adults to promote better balance and health for longevity of independent living. This 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 for physically unfit seniors yet still challenging for more active seniors.

**Yoga (Chair)** 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 get on the floor. You will leave with an overall sense of well-being.

## **Healthy Spirit, Mind, and Body Classes**

**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.

**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.