

GROWING STRONGER TOGETHER



WE'RE NOT JUST A GYM, WE'RE A FAMILY

East Jefferson YMCA

Group Exercise Schedule

FEBRUARY

STUDIO 1



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dance Power 7:00-8:00 am Maria	PiYo 7:00-8:00 am Maria	Dance Power 7:00-8:00 am Maria	PiYo 7:00-8:00 am Maria	Pilates Fusion 7:00-7:50 am Maria	Body Pump 7:50-8:50 am JC
Body Pump 9:00-10:00 am Donna	HITT 9:00-10:00 am Marissa	Body Pump 8:00-9:00 am Michelle	Dance Power 8:00-9:00 am Maria	Core & More 8:00-9:00 am Christina	Werq 9:00-10:00 am Charmaine
XYZ 10:15-11:00 am Donna	Zumba 10:30-11:30 am Bobby	Zumba 9:10-10:10 am Katherine	Barre Fit 9:00-10:00 am Maria	Body Pump 9:00-10:00 am Christina	
XYZ 11:15-12:00 pm Donna	Therapeutic Yoga 11:40-12:40 pm Jessica	*XYZ* 10:15-11:00 am Ellen	Therapeutic Yoga 10:30-11:30 am Angie	*XYZ* 10:15-11:00 am Donna	
Yoga Stretch 1:00-1:45 pm Donna	*Silver Sneakers* 1:00-1:45 pm Patt	*XYZ* 11:15-12:00 pm Ellen	Guts & Butts 12:00-12:45 pm Patt	*Yoga Stretch* 11:15-12:00 pm Donna	
Yoga Stretch 2:00-2:45 pm Donna	*Silver Sneakers* 2:00-2:45 pm Patt	*BP Modified* 12:15-1:00 pm Donna	*Silver Sneakers* 1:00-1:45 pm Patt	Silver Sneakers 1:00-1:45 pm Patt	
Body Pump 4:30-5:30 pm Alt. Instructors	Tone & Tighten 6:00-6:55 pm Liev	*Yoga Stretch* 1:15-2:00 pm Donna	*Silver Sneakers* 2:00-2:45 pm Patt	Zumba 5:00-6:00 pm Katherine	
Zumba 5:30-6:30 pm Vicky	Werq 7:00-7:55 pm Jessica	Body Rock 5:15-6:00 pm Tiffany	Body Pump 4:25-5:25 pm Mandy		
POP Pilates 6:30-7:30 pm Amanda		Zumba 6:00-7:00 pm Perla	Guts & Butts 5:30-6:00 pm Christina		
		Gentle Vinyasa 7:00-7:50 pm Jessica	Body Pump 6:00-7:00 pm Christina		
			Zumba 7:00-8:00 pm Javi/Gina		

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** - Classes designated for age 55+

STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Guts & Butts 7:00-8:00 am Patt	*Fit 4 Life* 6:30-7:30 am Patt	Guts & Butts 7:00-8:00 am Patt	*Fit 4 Life* 6:30-7:30 am Patt	*Fit 4 Life* 6:15-7:00 am Patt	Barre 8:00-8:50 am Mesh
Dance & Tone 8:00-9:00 am Maria	Power Yoga 8:00-8:50 am Donna	Pilates 8:00-9:00 am Terri	Step 9:00-10:00 am Kelly	Guts & Butts 7:00-8:00 am Patt	Total Body Reset 9:00-10:00 am Mesh
Barre 9:15-10:00 am Mesh	Body Combat 9:00-10:00 am Luz	Strength and Stretch 9:10-10:00 am Terri	Zumba 10:00-11:00 am Cheri	Power Yoga 8:00-8:50 am Donna	
Pilates 10:15-11:00 am Angie	Body Balance 10:00-11:00 am Luz	Black & Golden Girls Dance Team 11:30-12:30 pm	*Silver Sneakers* 11:00-11:45 am Patt	Line Dancing 10:30-12:00 pm Anita	
Circuit 4:30-5:30 pm JC	*Silver Sneakers* 11:00-11:45 am Patt	Line Dancing Intermediate 1:30-2:30 pm Judy	Circuit 12:00-12:45 am JC	Core & More 12:00-12:45 pm Patt	
Gentle Vinyasa 7:00-7:50 pm Jessica	Guts & Butts 12:00-12:45 pm Patt	Line Dancing Intermediate 1:30-2:30 pm Judy			
	Step 4:30-5:30 pm Ellen	Body Combat 5:30-6:30 pm JC			
	Body Combat 5:45-6:45 pm JC				
	Therapeutic Yoga 7:00-8:00 pm Angie				

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Spin Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Breakfast Club 7:00-8:00 am Gina	Circuit 4:30-5:15 pm JC	Breakfast Club 7:00-8:00 am Gina	Circuit 4:30-5:15 pm JC	Sweat Shop 8:30-9:30 am Mona
	Straight Spin 9:00-10:00 am Jenny		Straight Spin 9:00-10:00 am Jenny		
	Sweat Shop 5:30-6:30 pm Tiffany				

Wellness Floor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gym Intro 5:00-5:30 pm Mo	Gym Intro 10:00-11:00 am Mo	Gym Intro 5:00-5:30 pm Mo	Gym Intro 1:00-2:00 pm Mo		
Gym Intro 5:30-6:00 pm Mo		Gym Intro 5:30-6:00 pm Mo			

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STRENGTH & CONDITIONING CLASSES

Body Pump: The original barbell workout that strengthens your body. This 60-minute program challenges all your major muscle groups by using the best weight-room exercises like squats, lifts, and curls. Great music and your choice of weights inspire you to get the results you came for.

****BP modified:** Body Pump that is designated to be more joint friendly.

Core & More: Designed to strengthen and stabilize your entire core, from your shoulders to your hips!

****Fit 4 Life:** Start your day off right. Classes work on upper and lower body and core strengthening using weights/resistance work.

Barre: A hybrid workout class-combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training.

Total Body Reset: Interval-based weighted training to build power, endurance, and total body strength.

Guts & Butts: Ready to challenge your midsection? This quick and intense class targets abs and glutes. Guaranteed to challenge all fitness levels.

****Silver Sneakers:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Equipment includes dumbbells, resistance bands, stability balls, and chairs.

Step: It's an aerobic workout that uses an elevated platform. Step up and down with the music through a variety of choreography designed to keep you improving your cardio and having fun!

Tone & Tighten: Full body workout utilizing upbeat Contemporary Christian music and a combination of weight training and aerobics. Work at your own intensity.

****XYZ:** Cardio class designed for those over the age of 55. Free weights, stretching, and fun all included.

Circuit: Circuit training is a form of body conditioning that involves endurance training, resistance training, high intensity aerobics, and exercises performed in a circuit. Similar to high-intensity interval training. It targets strength building and muscular endurance.

Body Rock: It's a fast paced toning class that will target the entire body. Exercises are performed standing, using resistance equipment to build muscle and strengthen the core.

H.I.I.T- This class is a combination of high intensity strength, cardio, and plyometric exercises performed in an interval format with a brief recovery period. Expect to experience a high heart rate while toning muscles, burning calories, and finishing feeling strong and energized.

Gym Intro: A full body class for beginners to kick off their journey in the gym by providing a variety of exercises for all the muscle groups. This class is designed to help beginners know how to use the equipment on the Wellness Floor.

Body Combat: A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung-Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

SPIN CLASSES

Breakfast Club: This morning class starts with a quick warm up on the bikes, goes through about 10 songs at medium to high intensity, then cools down with stretches!

Straight Spin: This class will give you an awesome workout with an indoor cycle that simulates sprinting, hill climbing, and other techniques.

Sweat Shop: Upbeat music with rhythm in your pedal strokes. 100% energy-guaranteed to make you get a great cardio workout.

**** - Classes designated for age 55+**

DANCE CLASSES

Werg: A fiercely fun dance class based on pop, rock, and hip hop music. The warm-up previews the dance steps that will be used in class. The cool down includes balance and yoga-inspired poses. Everything in between is just pure fun. Are you ready to WERQ?

Zumba: A fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training, alternating fast and slow rhythms, and resistance training.

Line Dancing: A form of dance in which memory, balance, and execution come together. Dancers learn basic steps, rhythms and routines choreographed to music.

Dance Power: This total body, standing workout consists of a dynamic Cardio Dance with specific toning exercises with weights and resistance equipment to build muscle and strengthen core.

Dance & Tone: A dynamic and exciting fitness experience that combines the joy of dance with targeted toning exercises using light resistance. This class offers health and wellness to improve your cardiovascular health, tone and have fun.

MIND & BODY CLASSES

Pilates: Challenge your mind and body connection! Pilates improves your posture, strengthens your core and corrects muscle imbalances, creating a strong foundation for movement.

Strength and Stretch: Strength meets Pilates. Warm up, build strength with weights, flow through Pilates and finish with a cool down.

Body Balance: Inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. You'll strengthen your entire body and leave the class feeling calm and centered.

Therapeutic Yoga: A stronger and faster phased yoga class designed to focus on the breath and its relationship to the pose. It has roots in Iyengar and Ashtanga so it not only focuses on the alignment of the body's joints, but also the fluidity from one pose to the next.

****Yoga Stretch**: Move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

PiYo: A combination of Pilates and yoga, which help to strengthen core and improve posture. It combines the muscle sculpting, core firming benefits of Pilates with Yoga's strength and flexibility.

Gentle Vinyasa: Yoga where breath and movement unite to enhance strength and flexibility. Gentle sequences designed to harmonize your body.

Pilates Fusion: Mini ball flow targets every muscle group and improves stretching, balance, tone, and core to boost your energy.

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