



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

BELLE CHASSE YMCA

BEGINS NOVEMBER 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:00 AM Cardio/Strength/Core Blake	5:15-6:00 AM Spin Kelly	5:15-6:00 AM * HIIT Mitch	5:15-6:00 AM Spin Shanon	5:15-6:00 AM * Extra Strength Kelly	
8:15-9:00 AM * Spin Jaime	8:00-8:30 AM Peak Express Mike	8:15-9:00 AM Soul Cycle Alexis	8:00-8:30 AM Peak Express Mike	8:00-8:30 AM Spin Express Blake	
8:30-9:15 AM Butts & Gutts Lisette	8:30-9:15 AM Ball Class* Lisette	8:15-9:00 AM Senior Circuit Angie	8:30-9:15 AM Ball Class * Lisette	8:30-9:00 AM Core Focus Together Blake	8:30-9:15 AM PIYO Tricia
9:30-10:30 AM Peak Fitness Mike	9:20-10:20 AM Balance & Flex Together Lisette	9:00-9:45 AM * Strength Train Together Jodi	9:30-10:00 AM Spin Express * Jaime	9:00-10:00 AM * Strength Train Together Jodi	9:30-10:15 AM Butts & Gutts Mike
10:30-12:30 PM Line Dancing Rita	10:30-11:15 AM Silver Sneakers Lisette	9:45-10:45 AM Peak Fitness Mike	10:15-11:00 AM Silver Sneakers Jaime	10:00-10:45 AM Butts & Gutts Mike	10:15-11:00 AM Peak Fitness Mike
	11:30-12:00 PM Lunch Crunch Mike		11:30-12:00 PM Lunch Crunch Mike		
4:30-5:15 PM Butts & Gutts Mitch	4:30-5:15 PM SHRED Jaime	4:30-5:30 PM * Strength Train Together Blake	4:30-5:15 PM Balance and Flex Lisette		
5:30-6:30 PM * Strength Train Together Jodi	5:30-6:15 PM Zumba Rue	5:30-6:00 PM * Core Focus Together Blake	5:30-6:15 PM Defend Together Jodi		
5:30-6:30 PM * Cycle Circuit Shanon	5:30-6:15 PM * Spin Jaime	6:15-7:15 PM Yoga Marie	6:30-7:30 PM * Strength Train Together Blake		
6:35-7:35 PM Defend Together Kelli	6:30-7:15 PM * HIIT Mitch				

Class intensity varies in each class. Please read the descriptions on the back for more information.

***Classes that require a PASS (Available at the Welcome Center 1 hour before class begins):
Strength Train Together, Ball Class, HIIT, Spin, and Core Focus Together***

Belle Chasse YMCA
8101 Hwy 23- Belle Chasse, LA 70037
504-392-9622
www.ymcaneworleans.org

Monday-Thursday- 5AM – 9PM
Friday- 5AM-8PM
Saturday- 7AM-5PM
Sunday- 1PM-5PM