

Group Exercise Schedule

EFFECTIVE: DECEMBER 2018 (12/1/18)

West St. Tammany YMCA
71256 Francis Road
Covington, LA 70433
985-893-9622



RED INDICATES CHANGE OR ADDITION

BLUE INDICATES ONCE A MONTH

***INDICATES FEE BASED CLASS**

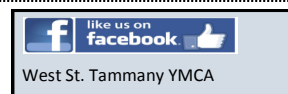
W=Wellness Floor S=Studio G=Gym
CR=Upstairs Boardroom CS=Cycling Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 am WATER AEROBICS Mollie	8:30 am B.F.I.T. G Mollie	8:15 am WATER AEROBICS Debbie	8:30 am B.F.I.T. G Mollie	8:15 am WATER AEROBICS Mollie	9:00 am GRIT S FREE on Sat. only Amanda A.
8:20 am MATRIX CIRCUIT W	8:30 am BODYPUMP S Danelle	8:20 am MATRIX CIRCUIT W	8:30 am BODYCOMBAT S Danelle	8:20 am MATRIX CIRCUIT W	8:30 am BODYCOMBAT G Jessica/Casey
8:30 am STEP N SCULPT Danelle	9:45 am BODYFLOW S Donna L.	8:30 am TRIPLE FIT G Lacey	9:45 am BODYFLOW S Cashel	8:30 am FIT & STRONG G Lillie	8:30 am SPIN CS Corinne/Lacey/Donna/Lillie/Simine
9:00 am *GRIT (strength) S Donna	9:45 am BODYCOMBAT G Jessica	8:30 am STEP PLUS S Tina	9:45 am BODYPUMP G Casey	8:30 am Indoor Cycle CS Tina	8:30 am BODYFLOW CR Heather
9:35 am BARRE/CARDIO G Jennifer C.	11:00 am LINE DANCING S Kim	8:30 am SPINNING CS Danelle	11:00 am LINE DANCING S Kim	9:00 am *GRIT (cardio) S Elise	9:45 am BODYPUMP S Becca
9:40 am SPINNING CS Danelle	1:00 pm S.S. YOGA S Debbie D.	9:40 am PILATES G Autumn	1:00 pm S.S. YOGA S Debbie D.	9:40 am PILATES G Autumn	
9:40 am BODYPUMP S Jessica	4:45 pm *GRIT S Narcissa	9:40 am *GRIT S Danelle	5:15 pm *GRIT S Lillie	9:40 am POWER HOUR S Casey	
10:50 am YOGA S Liz	4:45 pm BODYCOMBAT G Amanda	10:40 YOGA S Sadani	5:00 - 5:45 pm Barre CR Jennifer	11:00 am SILVER SNEAKERS G Autumn	
11:00 am SILVER SNEAKERS G Ed	5:30 pm BODYPUMP G Amanda	11:00 am SILVER SNEAKERS Classic G Autumn	5:30 pm BODYPUMP G Janie	5:30 pm 30/30 BODYCOMBAT & BODYPUMP 3rd Friday of the Month (child care available)	
12:30 pm LINE DANCING S Cathy	5:30 pm GROUP STRENGTH S Johnnie	12 noon TAI CHI S Master Bruce	6:00 pm 30 min H.I.I.T. Cycle CS Lillie	6:00 pm - 7:30 pm Z.A.P. (Zumba Addict Party) G 1st Friday of the Month (no childcare available)	
4:25 pm BODYPUMP G Casey	6:00 pm SPINNING CS Deborah	4:25 pm BODYPUMP S Jessica	6:00 pm LINE DANCING S Cathy		
5:30 pm STEP N SCULPT S Jamie	6:30 pm YOGA S Marie Jas	5:30 pm BODYCOMBAT S Casey	6:30 - 7:30 pm *KARATE CR Master Bruce		
5:35 pm BODYCOMBAT G Amanda A.	6:40 pm ZUMBA G Amanda R.	5:30 pm TRIPLE FIT G Lillie	7:30 - 8:30 pm *KARATE S Master Bruce		
6:00 pm 30 min H.I.I.T. Cycle CS Narcissa	6:30 - 7:30 pm *KARATE CR Master Bruce	6:30 pm 30 min Indoor Cycle CS Amanda A.			
6:35 pm BODYFLOW S Jessica	7:30 - 8:30 pm *KARATE S Master Bruce	6:40 pm ZUMBA S Jennifer W.			
6:40 pm ZUMBA G Lori					

KIDS 8 AND UP ARE WELCOME TO TAKE OUR ZUMBA CLASSES WITH ADULT SUPERVISION.

YMCA staff reserves the right to deny attendance at any point before or during class.

KIDS 15 AND UP ARE WELCOME TO TAKE ANY GROUP EXERCISE CLASS.



Group Exercise Class Descriptions

All participants, especially those with pre-existing medical conditions or physical limitations are advise to:

Consult your physician and/or physical therapist before attending new classes. Participate at your own risk. Discontinue the exercise. Speak to an instructor if something doesn't feel right or if you feel that you may be overexerting yourself.

30/30 BODYCOMBAT & BODYPUMP: Third Friday of every month. 30 minutes of BODYCOMBAT then 30 minutes of BODYPUMP. **Child care is available for this class.**

B.F.I.T.: Medium intensity aerobics. Perfect for new Moms or someone who is looking for a solid road back to fitness—if you're already fit-- GREAT! We have brought strength, endurance to the gym utilizing various types of weights and interval training—You'll love the workout and have fun at the same time!

Barre/Cardio: Exercises that focus on isometric strength training combined with high reps of small range-of-motion movements. A total body workout with the added bonus of getting the heart rate up!!!

Bodycombat: 60 minute mixed martial arts, non-contact cardio class. Add this class to your fitness lineup and incinerate calories and get in the best shape of your life! While this is a "no contact" class, the principles taught are potentially self-defense moves.

BodyPump: The *original* 60 minute barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Be inspired to get the results you came for - and fast!

BodyFlow: A yoga, tai chi and Pilates inspired workout leaving you long, strong, calm and centered.

Fit & Strong: A total body workout that's not too strenuous, not too easy, it's just right. Perfect mix of weights and cardio.

Group Strength: Come experience this fun high energy combination of cardio and total body strength conditioning using any/all props available to make you sweat!

H.I.I.T. Indoor Cycling (High Intensity Interval Training): 30 minute cycling class that will BLAST your metabolism! High intensity!!

Line Dancing: If you enjoy dancing, this is the class for you. Come Dance to the Oldies, Do the Cha Cha, Mambo and more.

Power Hour: Exactly what it sounds like! An hour of powerful exercises. Cardio, strength & endurance.

Pilates: This refreshing Mind/Body class focuses on the economy of motion to stretch, strengthen, and balance the body, using CORE Strength and breathing through each movement.

Silver Sneakers (Classic): Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Silver Sneakers (Yoga): Complete series of seated and standing yoga poses with the extra support of a chair. Focus on flexibility, balance and range of motion. Helps relaxation and promotes stress reduction.

Spinning: Indoor cycling, combines intervals of speed and resistance/hill work for an intense cardio and strengthening workout.

Step Plus: Your basic Step class with something extra! Maybe balance work, ab work, toning or possible more step! Instructors choice.

Step n' Sculpt: Combination of energetic step choreography with intervals of sculpting using weights. Awesome full body workout, finish with core and stretching cool down.

Tai Chi: Slow flowing exercises to improve balance of mind & body

Triple Fit: Get the best of everything with a balanced class outline. Class combo of three segments, consisting of: cardio/strength/core.

Yoga: Learn and practice gentle stretches and physical postures, breathing practices and meditation/relaxation techniques.

Water Aerobics: The perfect combination; exercise and water! Enjoy a cardio and strength workout in our heated pool.

Z.A.P. Zumba Addict Party: 1st Friday of each month! 90 minutes of Zumba dancing! **Child care is not available.**

Zumba: A fitness party that fuses hypnotic Latin rhythms with easy to follow moves to create a dynamic workout that will blow you away. No dance experience required.

Les Mills GRIT™ SERIES is an intense, interval training. Sessions feature a plyometric, cardio, or strength

S = Builds strength and lean muscle.
Total body workout!

C = Burns fat & improves athletic
capability with body-weight exercises.

P = Builds a powerful, agile, athletic
body using the principles of plyometrics.

component.

- 30 minute workouts designed to take your fitness to a new level.
- Get super fit, super fast! Burn calories and fat!
- \$20 per member, per month for unlimited GRIT classes
- Get the power of personal training.
- Highly charged certified coaches give you one-on-one attention.
- \$30 per month, for non members