



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Class Descriptions

Barre Above: a mix of yoga, Pilates and ballet barre moves, done on and off barre. This is a low impact class that will create long lean muscles and improve posture, balance, and flexibility. This class includes highly effective toning and resistance exercises focusing on core, legs and butt. This class is appropriate for beginner to advanced athletes.

Beginning Yoga: designed for, but not limited to, members with no previous yoga experience. You will learn yoga postures and body alignment, utilizing breath to energize the body. The class concludes with total body relaxation. Members with previous yoga experience are welcome.

BODYATTACK®: a high-energy fitness class with moves that cater to total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. Options offered for beginners or those wanting lower impact. This class will challenge you in a good way. All levels of fitness welcome.

BODYFLOW®: bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You will leave feeling long, strong, calm and centered.

BODYPUMP®: looking to get lean, toned and fit, this class is it! Using light to moderate weights and a weight bar with lots of repetition, BODYPUMP gives you a total body workout. Whether you are new to weight training or experienced in pumping iron, this workout will change the shape of your body! Certified instructors using highly motivating music lead classes. This workout can be 30, 45, or 60 minutes.

Cycling: an indoor biking workout for everyone! Class incorporates riding techniques of hills, flat road, and intervals, utilizing speed and resistance for one enjoyable, continuous ride. Please bring water bottle and sweat towel.

CXWORX®: exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

Enhance®Fitness: an hour of fun that focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility. It's everything older adults need to maintain health and function as they age. This class uses weights.

Intermediate Yoga: more challenging poses, asanas, or variations. Yoga experience a must!!

Kickboxing: after a cardio warm up move into introducing moves for routines to get your heart rate up. Typical routines include a series of repetitive punches, hands strikes, kicks and other self-defense moves, interspersed with cardio moves, to potent music. Works both upper and lower body, and abs. Boxing bags and kick pads will be used, please bring hand wraps. All fitness levels welcome.

Power Yoga: a challenging athletic practice of yoga, where we link movement and breath, at a faster pace. This is not designed for beginner yoga participants.

RPM®: an indoor cycling workout where you ride to the rhythm of Powerful music. You will be lead through hills, flats, mountains, speed work and intervals. You control your own resistance and speed to build up your training level over time.

Step Combo: simple, athletic cardio workout using a step that will shape and tone your entire lower body and push your fat burning systems into high gear. The group atmosphere is inspiring. The music and energy is addictive.

Silver Sneakers Classic: have fun & move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seating and/or standing support.

TABATA: high intensity interval training (HIIT) done in interval cycles. Doing one exercise for a short burst, followed by rest. There may be 10-20 exercises done at short bursts. Exercises could include lunges, jumping, burpees, weights, push-ups, weighted squats. All exercises have modifications for all levels. A great challenge against yourself to see if you can do more exercises in the cycles of work.

Tai Chi: blends ancient Chinese exercise for improving balance, increasing flexibility and controlling stress.

Yoga: teaches the basic yoga movements or asanas, and breath work, while helping to develop the mind body connection.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Zumba®: fusion of Latin and International music & dance themes that create dynamic, exciting, effective fitness system! Recommend dance sneakers or sneakers that allow for pivoting.

All classes are free to YMCA members. Non-members must purchase a daily guest pass, or a class punch card. All levels welcome. Just drop in to the class of your choice.