

# GROUP EXERCISE CLASS DESCRIPTIONS

## NEW OR RETURNING TO EXERCISE:

***Try one of our beginner classes that will assist you in successfully achieving your fitness goals.***

**BLT:** Butt, legs & tummy. This class will focus on those crucial body parts, as well as improve upper body strength.

**Core Fusion:** This class integrates Yoga & Pilates while focusing on your core. Come and join this class for a fantastic core workout.

**Hi-Lo Impact:** This hi-cardio class will bring your heart rate up & down in a safe manner. Great if you are a beginner ready to move up to the next level, and just as great if you are advanced and want a challenge.

**Core Conditioning:** The most effective belly-banishing moves for every fitness level.

**Muscles in Motion:** This class uses a unique blend of gentle cardio and sculpting.

**Lo Impact:** This low-impact aerobic class is great for anyone just getting started in a conditioning program. Includes Body sculpting with no or light weights, abdominal work and stretching.

**Stretch & Strengthen:** Join us for a unique Yoga class that puts an emphasis on stretching while practicing the skills of Yoga.

**SilverSneakers® MSROM (Muscle Strength & Range of Movement):** 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. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**SilverSneakers® Cardio Circuit:** Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

**Zumba:** This is a new innovative way to get fit, and is fun, fun, fun!! Come dance your way to fit. You will learn dance such as the Mambo and Salsa, eventually working up to eight dances per class; with new ones introduced as you move forward

**Muscle Conditioning:** This class emphasizes vital components of fitness: strength training and flexibility. This is a non-aerobic full body workout.

**Cardio Express:** This class is designed to get you in and out while maximizing your cardio workout.

**Sculpt/Yoga Fusion:** Integrate traditional sculpting exercises with yoga and reshape your body!

## READY FOR MORE CHALLENGE:

***We are committed to help you feel successful and achieve your wellness goals. The following classes offer a progression in intensity and duration that will allow you to continue to challenge your body, spirit and mind; and thus become stronger.***

**Power Hour:** Get ready for a challenging workout that is NEVER the same. Skills and drills are the name of the game with this class. Come prepared to sweat!

**Cardio Kickbox:** A great calorie burner! This class is a cardio workout that uses punches and kicking drills for added intensity. This class is not recommended for those with muscular or joint injuries, inflammations or other limitations.

**Cardio Circuit:** Get more "bang for your buck" by combining both cardiovascular and strength training all in one efficient workout! Enjoy an intense cardiovascular workout with intervals of strength training using dumbbells and barbells to give you a complete body workout. You won't want to miss this one!

**Cycling:** High-intensity, calorie-burning class. The instructor will lead you on a journey yet you control the intensity. Space is limited, so come early! Adaptable for all levels.

**Cycle Circuit:** The same great cycle workout you are used to with the added benefit of sculpting while still on the bike.

**Drop It, Rip It:** This class is designed to maximize your sculpting workout. It is a fast paced workout that will leave your muscles defined & sculpted.

**Pilates:** Gain flexible strength for the entire body, especially the core muscles of the abs and back. All levels but may be difficult for those with back problems.

**Step/Sculpt:** This class combines all the elements of Step with Sculpt thrown in as a bonus. If you need a great workout in a short amount of time....this is your class.

**Step Interval:** This class uses simple step moves for a short period to get your heart pumping, then alternating with muscle work. The class will keep your heart rate up, at the same time toning your muscles.

**Yoga:** Here, it's "Y"oga! Strength training, stretching, abdominal work and relaxation for terrific all around toning.

**Yoga Stretch:** This class is designed for you to enjoy the Yoga experience while improving your flexibility; maximizing your Yoga workout in minimal time.

Classes are for ages 15 & up. Children ages 10-14 may attend with a parent.

We suggest that everyone, especially children, start with beginner and Intro level classes. Please inform the instructor if you are new and of any medications or medical conditions that might affect your ability to exercise. Those with muscular or joint injuries, inflammations, or other limitations should check with their physician and an instructor to find an appropriate class.

***YMCA Mission: Helping all people reach their God given potential in spirit, mind and body.***