

# YMCA GROUP FITNESS CLASS DESCRIPTIONS

Classes are designed for all fitness levels unless otherwise noted below.

Please arrive early if you are new to class.

**Abs & Core:** Variety of core strengthening using body weight, stability balls and hardly ever any crunches!

**Body Fusion:** A blend of traditional aerobics, body sculpting and stretching.

**Bootcamp:** Perfect combination of strength training & cardio to increase endurance & tone the body.

**CV Fitness:** Calisthenics, walking, sit-ups, pushups, stretching & more. A basic traditional workout.

**Cycle:** Simulates an outdoor bike ride-A group experience improving endurance & cardiovascular health while cycling to energizing music.

**Cycle Power:** (MONTHLY) Incorporate upper body moves by using the core to increase your cycle power. Previous cycle experience req'd

**DIO: Dance It Out:** Total body, high energy, cardio dance workout infused with all styles of dance.

**DXF: Dance Xross Fitness:** A comprehensive cardio-interval fitness program that mixes 4 disciplines of movement – dance, kickboxing, strength training and soul line dancing.

**DXF Dance:** Feel the energy! A mix of various movements set to R&B, African, Soca, Motown, Latin, Hip Hop music and more! It's not about the moves, it's about the FEEL!

**Gentle Cycle:** A more relaxed lower intensity cycle ride with mellow but inspiring music.

**Insanity:** Dig deep & Push past your limits with athletic/plyometric drills mixed with intervals of strength/power/resistance/core training

**Kick Butt Kettlebells:** SWING, SNATCH, PRESS, ROW & LIFT your way to building strength in a unique way using kettlebells.

**Morning Yoga:** See Vinyasa Yoga

**Pilates\*CORE\*Yoga:** Get an EXTRA dose of CORE work by fusing Pilates & Yoga together to develop core strength, economy of motion, flexibility and agility with exercises geared towards elongating, strengthening and lengthening the ab's and spine.

**PiYo Express:** Get it done in 30 Minutes! Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga.

**POUND:** Using Ripstix (lightly weighted drumsticks), engineered specifically for exercising, transforms drumming into a great workout!

**Pump n' Core:** Low-Moderate weights with high reps & core training for men/women of all ages/fitness levels.

**Restorative Yoga (Once a Month):** Bring your Blanket. Lie down over blankets and blocks using no effort to support your body. Poses will be held five to ten minutes allowing the body to relax and release tension.

**Rowing:** Every stroke will work your calves, quads, hamstrings, glutes, abs, obliques, pecs, biceps, triceps, deltoids, upper back and lats. Improve cardiovascular health working every muscle group in your body.

**Sit n Get Fit:** Various movements and slight cardio from a seated position. Improves strength/stamina/flexibility.

**Tai Chi:** A form of martial art, practiced for its effective health benefits. Fluid, gentle movements for everyone. Develops muscular strength, flexibility, balance, improves mental focus & contributes to a calm serenity and peace of mind.

**Teen Cycle:** Geared for Ages 13-17. Simulates an outdoor bike ride-A group experience improving endurance & cardiovascular health while cycling to energizing music.

**Total Body Strength Training:** Increase strength & endurance using various equipment working all major muscle groups.

**TRX Suspension Training:** Develops strength, balance, flexibility & core stability SIMULTANEOUSLY, leveraging gravity & your body weight in hundreds of exercises. Work new muscles like never before.

**TRX BootCamp:** Take your TRX Training to next level-MAKE YOUR BODY YOUR MACHINE-An Intense TRX workout combining circuit training, interval training & cardio bursts. An hour of non-stop action!

**Vinyasa Yoga:** Focus on synchronizing the breath with body movement & poses as you inhale and exhale.

**Yin Yoga:** Slow-paced practice bringing stillness to the mind while targeting our connective tissues with long-held poses.

**Yoga Flow:** Designed to gently guide you through linking the movement of the body with the flow of the breath, while working on correct alignment. Builds strength, increases flexibility, relaxes & rejuvenates.

**Yoga Nidra:** (Once a Month) Learn deep relaxation with gentle movement to relax the body.



A fusion of Latin and International music featuring interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps.



**Zumba Gold:** Takes the original Zumba formula & modifies the moves, pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.