

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

The YMCA of Greenville, following the example of Christ, builds healthy spirit, mind, and body for all.

Our instructors are certified by YMCA, ACE, AFAA, and/or ACSM, or have a four year degree in a fitness field. Class structure, music and safety are set in accordance with industry standards.

Late Policy: Please do not enter a class if you are more than 5 minutes late. Once the class has warmed up the risk of injury greatly increases. The instructor will determine if latecomers would risk injury or be too disruptive to the class environment. Please make every effort to be on time. Thank you for your cooperation.

Description of Classes:

Step Classes:

Step 2 & 3: Intermediate /Advanced level step class that is fast paced with advanced choreography. Please master basic step before trying this class. Cardio and cool down.

Step & Sculpt: Intermediate level step class with weights in intervals or at the end of class. Includes Abs & Stretch.

Progressive Step/Double Step: Intermediate/Advanced. Class uses more than one step for a great change of pace.

Cardio Classes:

Activate: Beginners join Andrea Feb & March to do a weighted workout that takes you from frustrated to FIT! The class is progressive so we want you to *sign up in class* and commit. All members welcome. You will learn something new each week: hi/low, kick, step, cycle, Zumba, Pilates, Yoga, etc. Andrea will encourage you with diet tips too!

20/20/20 All Levels welcome. Usually 20 minutes of low impact, weights, sometimes step. Instructor may choose to do 20 minutes of Pilates, Yoga, Kick, etc. Good class to sample the others.

Kick: Intermediate/Advanced. Innovative, high intensity workout focused on conditioning the whole body. Utilizes kickboxing and martial arts drills. This class burns some calories. Be willing to let go and have fun!

Cycle: Great cardio with fun music. Classes fill up quickly so call ahead to the front desk (292-2790) after 7:00 PM the night before the class. Call after 3:00 PM Friday for weekend classes. If you are 3 minutes late, someone else may have your cycle.

Zumba: Come dance your way to fitness! **Zumba GOLD** is designed for active older adults and beginners. FUN!

Toning Classes:

LOADED: Load, Order, Action & Determination Equal Definition. A 30 minutes express weighted workout!

Group Pump: All levels. Increase muscular strength of all major muscle groups in sets. Define muscles of upper and lower body using barbell, dumbbells, bands, etc. These classes need 48 hour rest before doing another heavy weight workout. **BLT Express-** Buns, legs and Tummies only. **Awesome Arms** works upper body only.

Intense Fit: Combines the strength benefits of a Muscle Class with athletic *cardio* intervals. We recommend Intense Fit for beginners to advanced-no choreography! FUN!

Mind/Body Classes: Please do not be late to class.

Yoga: All levels. Learn basic yoga postures to develop strength, balance and flexibility. Increases focus and releases tension. **Gentle Yoga** is a great class for beginners.

Pilates: All levels. Great core conditioning class that combines strength and flexibility. Great for the lower back, abdominals and legs. Work the Powerhouse.

Pilates II: Intermediate/Advanced. The advanced mat workout. Beginners should not begin in this class.

Yoga/Pilates: Combines both Yoga and Pilates in the same class.

Active Older Adults:

Fit for Life: This class is designed for active older adults. It is a low impact workout that combines low impact cardio with some conditioning. Beginning exercisers are welcome to join in.

SilverSneakers® I MSROM- Muscular Strength and Range of Motion class for the inactive older adults. Class uses chairs, bands, balls and dumbbells.

SilverSneakers® II (Cardio Circuit)- Strength and cardio intervals for the active older adult. Must be able to stand at least 30 minutes.

SilverSneakers® YogaStretch is a gentle yoga class that uses a chair. There is no mat work in this class.

Youth Classes:

Fit Kids meets M & TH at 5:00 in the gym, but be prepared to go outside. **Fit Kids Water** 4:30 W meets poolside.

Kid's Yoga Tuesdays 6:00-6:30 PM with Brenda. *Kids need to be K5 and older to participate.*

Run 4 Fun: This class will resume February 11th to prepare for the Eastside YMCA 5K in April.