

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.

Teens must be at least 13 to exercise without a parent in class. We recommend the Fit Kid classes for younger children.

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:

20/20/20: All levels. Usually 20 minutes of step, hi/low impact, weights. Instructor may choose to do 20 minutes of Pilates, Yoga, Kick, etc. Good class to sample the others. We recommend Monday 10:30 AM for beginners.

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:

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. We do not recommend heavy weight workouts every day. Alternate these classes with cardio, mind/body classes.

L.O.A.D.E.D. –Load, Order, Action, Determination Equals Definition. A light weight endurance workout.

Intense Fit: Combines the strength benefits of a Muscle Class with athletic *cardio* intervals. **Intense Fit I** is recommended for ALL levels of fitness.

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 for the inactive older adult. Have fun and move to the music through a variety of exercises designed to increase strength, range of movement and activities for daily living. Hand held weights, tubing, ball and chair are used for seated and standing support.

SilverSneakers® II (Cardio Circuit)- Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing workout. Hand held weights, tubing, ball are used for conditioning. Chair is used for support, stretching and relaxation.

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

Youth Classes:

Fit Kids meets T & TH at 9:00 AM in the gym, but be prepared to go outside.

Kid's Yoga Cancelled until Sept *Kids need to be K5 and older to participate.*

