



### Group Exercise Class Descriptions

#### Step Classes:

- CARDIO PUMP:** 60 min. A Beginner Favorite! 1-2 Beginner/Intermediate: A class that builds basic step moves while using weights.
- STEP & SCULPT:** 60 min. A fun tapless step class that involves periods of cardio on the step and periods of weight training.
- STEP:** 60 min. 1-2 Beginner/Intermediate: A Beginner Favorite! A tapless step class that includes basic and intermediate choreography.
- STEP 2/3:** 45-60 min: Advanced: A tapless step class that is fast paced with advanced choreography. Cardio and cool down only.

#### Aerobic Classes:

- HI/LO:** 60 min. 1-2 Beginner/Intermediate: A beginner favorite! For the exerciser who loves traditional style aerobics and a great challenge for those stuck in the step groove.
- INTERVAL:** 60 min. 1-3: This class challenges your body in every way. A combination of cardio drills & strength training make this one class that you'll not want to miss! Every class is different so don't miss a single one!
- STEP INTERVAL:** 60 min. 1-3 All levels. A beginner favorite! Using a 3:1 ratio of weight training with high intensity cardiovascular intervals. This is one class you don't want to miss.
- TURBO KICK:** 60 min. 2-3 Intermediate/Advanced: The hottest kickbox class around! A pre choreographed kick routine will take you to a new level in kickboxing. A fast paced, high intensity workout for those that want a challenge.
- Y WALK TO RUN:** 50-60 min. 1-2 Beginner/Intermediate: A class that takes you from the walk to the run by using intervals to build up endurance. This is an outdoor class to meet in the lobby so come dressed for the weather. No age limit!
- ZUMBA:** 45-60 min. 1-3 All levels: This Latin-flavor class is for all ages and fitness levels with its easy to follow dance movements and body sculpting benefits.

#### Strength and Toning Classes:

- BODY POWER:** 60 min. 1-3 All levels: By using a straight bar with varied weight, the participant will firm, tone and increase muscular endurance. Class size limited to 20.
- BODY SCULPT:** 60 min. 1-3 All levels: A beginner favorite! Increase your muscular strength and Endurance with this total body workout. Learn how to isolate and define the muscles Of the upper and lower body using the straight bar, dumbbells, and resistance tubing. A weighted workout that is intense and effective.

### **Cycling Classes:**

- CYCLE:** 50 min. 1-3 All levels. A beginner favorite. For the beginner to intermediate person who wants to learn the basics of indoor group cycling. A great workout for every fitness level.
- CYCLE:** 50-60 min. 2-3 Intermediate/Advanced levels: A cycle class that still teaches form and proper fit but the ride is a bit more challenging.
- CORE CYCLE:** 60 min. All levels. 45 minutes of cycle and 15 minutes of Pilates/Abs.

**\*\*Please note that all cycle classes can be self pacing and a fun experience for all fitness levels. If you are new to cycle class, please try to be at least 5 min early so your instructor can properly fit you to your cycle.\*\***

### **Mind and Body Classes:**

- PILATES 1:** 45 min – 60 min. A beginner favorite. This is a great introduction to learn the fundamental basics of Pilates. A must for the new Pilates student or for those that want to refresh their memory and focus on the core essentials.
- PILATES:** 60 min. 2-3 Intermediate/Advanced: A great core conditioning class that combines relaxation, strength and flexibility. Focus on muscle control, flexibility of the spine and ease of movement of the pelvic girdle.
- YOGA:** 50-60 min. 1-3 All levels. Learn basic Yoga postures coordinated with the breath. Develop strength, balance and flexibility. Increase focus as the body releases tension and finds mental tranquility.
- YOGA FIT:** 60 min. 1-3 All levels. Come challenge your body in a new way! Yoga for fitness takes traditional yoga postures and presents them in a way that will challenge everyone from the beginner to the most advanced exerciser. This class is faster paced and involves more muscle conditioning than the traditional yoga classes, yet also incorporates flexibility, balance, relaxation and breathing techniques.
- YOGALATES:** 60 min. 1-3 All levels. Combine core conditioning and yoga postures to blend the best of both Pilates and Yoga!

### **YMCA Express Classes-Maximum Fitness in Minimum Time:**

- INTERCAL EXP:** 30 min. 1-3 All levels. An innovative, high intensity workout focused on conditioning the whole body. Utilizing various training techniques, including plyometrics, explosive burst movements, cardio kickboxing drills and strength training. This is a class created to challenge and test all who have the will and motivation to participate.
- STEP EXP:** 30 min. All levels. A beginner favorite. Advancing step into the new millennium: combining sports drills and athletic exercises while using the step as a tool. This class is fun, exciting and will wear you out!
- SCULPT EXP:** 30 min. All levels. A shorter version of Body Sculpt. Maximize your time with an all over strength workout.

## **Silver Sneakers:**

### **SILVER SNEAKERS 1:**

A variety of support positions with a chair, designed to improve overall functional conditioning. Safe, fun and effective movements with hand held weights, elastic tubing and a ball.

### **SILVER SNEAKERS 2:**

East to follow Cardio Circuit advanced class to improve cardiovascular and muscular endurance conditioning. Non-Impact standing choreography alternated with safe, fun and effective exercises for upper body strength work.

### **SILVER SNEAKERS YOGA STRETCH:**

This class will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, range of movement and balance. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

## **Youth Classes: Please adhere to the age requirements of each class:**

**HIPPITY HOP:** 35 min. Ages 4-7. An energetic rhythm & dance class with simple moves, jumps and turns tailored to your child's age.

**FLIPTASTIC:** 45 min. Ages 4-7. This class will introduce the children to the basics of gymnastics through coordination and strength drills, beam and floor exercises, and weekly games and challenges.

**FIT HOP:** 40 min. Ages 8-11. This is both fitness and dance class consisting of cardio and strength exercise and then energized with hip hop dance moves.

**YOUTH CARDIO:** 45 min. Ages 8-11. A basic interval class using weights with cardio drills.

**YOUTH YOGA:** 30 min. Ages 6 and up. Yoga introduced in a fun and exciting way to youth!

**Please select classes suitable to your skills and abilities.**

**Classes are labeled for intensity and complexity.**

**Level 1:** A moderate cardiovascular challenge. An excellent introductory class for those new to exercise. Limited basic combinations.

**Level 2:** Suitable for intermediate and advanced fitness levels, modification and variations provided. Linear movements and strength moves with moderate amount of combinations.

**Level 3:** A class designed to physically challenge the regular exerciser. Physically and mentally challenging choreography and creative combinations.