

## Step Classes

**CARDIO PUMP:** 60 min: \*\*A BEGINNER FAVORITE!! 2 Beginner/Intermediate: A class that builds basic step moves while using weights.

**STEP&SCULPT:** 60 min: 2 Intermediate: A fun tapless step class involving periods of cardio on the step and periods of weight training.

**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

**INTERVAL:** 60 min: 1-3: This class challenges your body in every way! A combination of cardio drills & strength training make this one that you'll not want to miss! Every class is different to keep you coming back for the next challenge!

**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!

**RUNNING GROUP** – This is an informal meeting of like minded runners. All levels and paces. No one is left behind!

**ZUMBA:** 45-60 min. 1-3 All levels: This Latin-flavor class is for all ages and fitness levels with it's easy to follow dance movements and body sculpting benefits.

**BALLET FIT:** 55-60 min. 1-3 All levels: This class is based on the physical aspects of dance discipline & skill. Every series of movement will progressively challenge the body to find a balance of force allowing it to glide & step, move up & down in all directions, and stop & start with precision. We will move within each participant's range of motion & natural body alignment. Dance is fun but is about moving....prepare to move!

## 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.

**AB BLAST:** 15 min. 1-3 All levels. All ABS to focus on your core.

## Cycling Classes \*\* You must call to sign up for your cycle.(see below)

**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 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, try to be at least 5 min.early so your instructor can properly fit you to your cycle.

## Mind & Body Classes

**PILATES I:** 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.

**YOGAFLEX:** 30 min. 1-3 All levels. This class is geared to those who would like to improve performance and reduce injury by doing sports specific poses for increased flexibility. Focusing on the back, legs & shoulders, mats, straps & blocks will be used to assist the stretching process.

## YMCA Express Classes - Maximum Fitness in Minimum Time

**INTERVAL 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!

## SilverSneakers®

**SilverSneakers® I:** 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!

**SilverSneakers® II:** Easy 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.

**SilverSneakers 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 & be on time to classes. Parent/Guardian must stay on the YMCA property while their child attends classes.

**Kid Fit: 35 min.** Ages 4-7: Calisthenics, fitness games & obstacle courses are incorporated for a variety of fun & different ways to exercise.

**Fliptastic: 30 min.** Ages 4-7: This class will introduce the children to the basics of gymnastics through coordination & strength drills, beam & floor exercises, & weekly games & challenges.

**Youth Cardio Strength: 40 min.** Ages 8-12: 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.

## CLASS 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. (50 minute cardiovascular component)

## LATE POLICY

Each instructor reserves the right to allow or not allow latecomers to enter class. A sign written in red ink “PLEASE DO NOT ENTER. CLASS IN PROGRESS” will be on the door outside the room, placed by the instructor, if and when they have determined latecomers would risk injury or be too disruptive to the class environment. Thank you for your cooperation!

- Minimum age to participate in adult group exercise classes is 12. Children under age 12 are not allowed in the room during class time unless designated by class descriptions.
- Classes are held in the Aerobics Room, Multi-purpose room, and gym. Please check schedule for room.
- Each instructor reserves the right to allow or not allow latecomers to enter class. Thank you for your cooperation!

## Facility Hours: (864) 963-3605

Monday -Thursday: 5:30 am - 9:30 pm Saturday 7:30 am—5:00 pm

Friday.....5:30 am - 8:00 pm Sunday .. 1:30 pm—5:00 pm

You must sign up ahead of time for all Cycle Classes. Please call 963-3605 at 7pm the day before the class you wish to participate. On Saturday and Sunday call at 3pm. 14 spaces per class! Your spot will be given away if you are not on time for class. No exceptions! (864) 963-3605

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

