



GHS Family YMCA Group Exercise Class Descriptions

- **PLEASE BE ON TIME TO CLASSES. INSTRUCTOR WILL CLOSE CLASS WHEN EITHER FULL OR DEEMED TOO LATE TO SAFELY ENTER.**
 - **YOU MUST BE 12 YEARS OLD TO PARTICIPATE IN GROUP FITNESS UNLESS A YOUTH CLASS.**
 - **QUESTIONS? PLEASE CONTACT LORI DREDGE, GROUP EXERCISE DIRECTOR - ldredge@ymcagreenville.org**
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CARDIO & COMBINATION CLASSES

Body Combat® (I,A): 60 min - Achieve a higher level of fitness in this martial arts class. Motivational music and combat kicks & punches will rock you through this class. A Les Mills Program.

Body Attack® (I,A): 35,45,55min- A high energy class that combines athletic movement like running, lunging & jumping with strength exercises like squats and pushups. A Les Mills Program.

Interval (E): 60 min - 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! Modifications are shown and the intensity is up to YOU.

Intense Fit (E): 60 min - **A Hybrid class!** This class combines the benefits of a strength workout with bursts of cardio intervals! Choreography is same throughout the month for periodization training. Modifications are shown and the intensity is up to YOU.

Tabata or HIIT Intervals (E):30&45 min-High intensity interval training is based on short duration of microburst intervals. You pick the intensity that is right for you. It's not just for the fit to get fitter but for the unfit to get fit.

Core & More (E): 20,30&60 min - This class concentrates on core muscles w/intervals of cardio and strength.

Aqua Boot Camp (I,A): 45-60 min. - Jump in the pool and experience the properties of the water while doing a boot camp style class. A total body workout. Ability to swim is suggested but not required. Goggles highly recommended.

Zumba® (E): 45-60 min - This Latin-flavor class is for all ages and fitness levels with its easy to follow dance movements and body sculpting benefits.

Zumba Toning® (E): 50-55 min. - Zumba that utilizes 1-3 lb weights to sculpt while you interval with the Zumba that you know!

Zumba Gold® (B,E): 45-60 min - This class provides modified, low-impact moves and easy-to-follow pacing for a healthy, active lifestyle!

Aqua Zumba® (E): 45-50 min - Zumba in the water. Less impact ALL fun!

Cardio Dance Blast (E): 50-60min - A freelance format based on pop, rock, and hip-hop music and easy to follow, high-energy dance steps. Join the Party!

STEP CLASSES

STEP BEGINNER (B): 45 min - Learn the moves to prepare you for more advanced classes or get a great cardio workout with basic step movement.

STEP ADVANCED (I,A): 45-55 min - Advanced: A tap-less Step class that is fast paced with advanced choreography. It is highly recommended that you attend a basic or intermediate class prior to attending advanced step. Cardio and cool down only.

ACTIVE OLDER ADULTS

SilverSneakers® Classic (B,E): 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® Circuit (I,A): 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.

Active Adult (I,A): Adult fitness program focusing on both aerobic and resistance training to improve cardio respiratory

health, range of motion, increase strength, and balance.

SilverSneakers® Yoga (E): 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.

Senior Flex and Flow (I,A): A mat class for the older adult using traditional yoga poses and stretching with focused breathing through movement. Class will incorporate balance, stretching, and flexibility as its main components

CYCLING CLASSES

Cycle (E): 55-60 min – A cycle class that still teaches form and proper fit but the ride is more challenging. 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** 5min early so your instructor can properly fit you to your cycle.

STRENGTH AND TONING CLASSES

Ab/Core (E): 15 min – All ABS to focus on core.

Guts & Glutes (E): 30 min-Focus is on lower body sculpting.

Group Strength (E): 45-60 min –Increase your muscular strength with this total body workout. Isolate and define the muscles of the upper and lower body using a variety of equipment.

Kettlebell (E): 30-45 min – Traditional Kettle weight exercises that use the entire body for a great, quick strength workout that is totally different than traditional sculpting. Class may include cardio intervals.

Group RX@ Rip: (E) This barbell class is designed with pre-choreographed moves that include strength and endurance training for the entire body. The choreography changes quarterly to allow the participant to increase weight and see the changes in their body.

TRX® Classes utilize the TRX strap, a tool that uses gravity and the user's body weight to develop strength, balance, flexibility & core stability.

TRX Boot Camp (I,A): 50-60min – Intervals of high intensity cardio with strength on the strap.

TRX Flow (E): 50-60 min – Challenge your powerhouse with a little flow, rhythm, balance and a lot of TRX suspension. Build real strength in your arms, shoulders, back and legs as well as tone the buttocks.

TRX Strength(E): 50-60min-Class starts with basic movement and builds on them to give multiple options for a total body strength workout.

TRX Basic(B): 45-55 min-Learn the basics of using the strap, basic movements while getting a good strength workout.

MIND & BODY CLASSES

Pilates (E): A 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. Pilates w/ props includes multiple tools for a different pilates experience.

Ballet Functional Core (E) Fast-paced, mind-body sculpting. Incorporates four genres: ballet sculpting moves, functional strength, Pilates and Yoga to create long, lean muscles. Class is both standing on the floor. ***Classes that are Pilates/Core Fusion Blend the best of both Pilates and BFC.**

Yin Yoga (E): A slow-moving, challenging yoga practice that targets the connective tissues of the body. With the use of long held postures, this class focusses on the lower back, pelvis, and hips.

Yoga For Recovery (B, E): Class focuses on individual needs related to injury and/or health issues including cancer recovery & Parkinson's.

Flex & Flow Yoga (B, E): Traditional yoga poses and stretching with focused breathing through movement. Class will incorporate balance, stretching, and flexibility as its main components.

Power Yoga (I, A): A fitness based vinyasa practice that synchronizes breath with movement to build heat, increase stamina, and flexibility as well as reduce stress.

Restorative Yoga (E): A slower moving class designed to hold stretches for improved flexibility. Focused breathing and relaxation are a large part of this class.

Yoga Flow (E): Learn basic Yoga postures coordinated w/the breath. Develop strength, balance, and flexibility. Increase focus as the body releases tension and finds mental tranquility.

YOUTH CLASSES:

Fit Kids (ages 4-7): 35-40 min – This age appropriate class keeps kids moving with calisthenics, fitness games and body weight exercises for a fun, yet challenging class.

Youth Cardio Strength (Ages 8-12): 40-45min – A 'bigger kids' fitness class with cardio drills and body weight strength components.

Youth Run Club (Ages 7-13): 35&45 min – Basic and advanced classes will teach running skills in a safe and fun environment.

Youth Yoga (Ages 5-12): A yoga class that will teach traditional yoga poses in a kid friendly.

Zumba Kids® (Ages 4-7 & 8-12): A junior version of our regular Zumba® classes. Age appropriate for a fun dance class!

CLASS INTENSITY AND COMPLEXITY:

B: Beginner An excellent introductory class for those new to exercise with limited basic combinations and moderate cardiovascular challenges.

I: Intermediate Suitable for intermediate/advanced fitness levels with linear movements and strength moves as well as moderate amounts of combinations. Modifications and variations provided.

A: Advanced A physically and mentally challenging class designed to challenge the regular exerciser with creative choreography and combinations.

E: Everyone Classes designed so that all can participat