



Group Exercise Class Descriptions

Massad Family YMCA

Abs, Back, Core!!: Strengthen the muscles from your neck to your waist line and everything in between.

Barre Physique: This is a high energy, no impact class that combines a ballet bar and light weights, to get a dancer's body with no dance experience necessary! Build long, lean muscles and burn fat in this awesome workout.

Boot Camp: A motivating workout that mixes strength training with cardio, and instructors inspired by military exercise. Guaranteed to bring on sweat, fast results, and awesome connections with other members! **Fresh Air Boot Camp:** Boot camp... outside! Meets @ the pavillion.

Bosu Balance Ball: Try this balance, leg, and core strengthening workout using the revolutionary Bosu Ball. Weights are used as well to make this a total body blast in a short period of time.

Cardio Kickbox & Tone: Supercharged class teaching and combining a broad range of punches, kicks, and cardio drills used in kickboxing, with resistance/ weight bearing exercises mixed in. Power-packed combo!

F.I.R.E.! The name speaks for itself in this **Fusion Interval Resistance Endurance** class! You will find a combination of cardio, kickboxing, and strength training designed to kick your body into overdrive. Don't be afraid... This **FIRE** won't hurt you, but you WILL feel the burn!!

Group Cycle: Jump on an indoor bike and cycle to the beat of the music, through all types of drills and rides, and watch the bike's computer to track your calorie burn!

H.E.A.T.: High Energy Athletic Training is an 8 week program that includes pre and post training assessments and specific training techniques to help athletes set and obtain goals in order to reach their full potential. Work to increase speed, vertical jump, agility, strength, and overall athletic ability. \$fees apply.

Hot Hula: Inspired by the dances of the Pacific Islands, HOT HULA fitness® provides a total body workout in 60 minutes. Core focused, easy to follow, for all ages and fitness levels, and no equipment needed, HOT HULA fitness® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout.

Hsing-I: A form of Chinese self-defense that emphasizes fast, fluid, powerful movements, whose energy dynamics develop tremendous power, and a clear, strong, and focused mind. \$program fees apply.

Hydro-F.I.R.E.: Just like our land-based **F.I.R.E.** class, only done in the pool! No impact, constant resistance work, and so much fun!

Kidz Fit: An awesome class for kids ages 5-12 where they play fun games, take kid-sized versions of fitness classes, and get strong!
Sneakers required Please sign child in to the Interact Zone by 5 minutes before start time so they will not miss class. Thank you!

Kettlebell AMPD: Kettlebell just got **LOUD!** That's right, Kettlebell AMPD takes heart-pumping music and your favorite kettlebell moves, and combines them into 60 minutes of calorie torching fun! Each song will focus on a main area, while still maintaining a whole body workout. And cue the music, making the workout fun, and you will be begging for more!

Kickboxing: Learn how to properly perform punches, kicks, and blocks used in kickboxing. No experience necessary! First is warm up, cardio kickboxing, and learning technique. Then we apply the moves on the bags and targets, to get a real feel for the punches and kicks. Excellent for self-defense, strength training, endurance, stress relief, and a killer calorie blast!

Lift and Burn: A total body experience, and everything you need in a good workout packed into one class. Class is split into 6 rounds of 1 minute exercises, with Tabata rounds in between of 20 seconds work and 10 seconds rest. Weight and resistance training, core toning, tabata-style cardio, and flexibility work all together to give you an awesome new approach to your fitness!

MixedFit: is a mix of explosive dancing and boot camp toning. Everything about our dance fitness program can be described as **explosive** – all of our movements are always big, exaggerated, full-out, and our very best. We dance to our favorite songs on the radio that we would dance to at a nightclub. Then, we spice things up by adding boot camp-inspired exercises to make your workout more effective and challenging. If you're plateauing in your traditional dance fitness class, this might be the answer to your prayers.

MMA Blitz: A Muay Thai and Dutch Kickboxing based cardio fitness class, giving you power, strength, and endurance you never imagined!!

Muay Thai: A combat sport of Thailand that uses stand-up striking along with various clinching techniques. This physical and mental discipline which includes combat on shins is known as "the art of eight limbs" because it is characterized by the combined use of fists, elbows, knees, shins, being associated with a good physical preparation that makes a full-contact fighter very efficient. **\$\$fees apply.**

Muscle Pump: Add resistance and weights to your workout with this "always something new" class. Build muscle endurance and strength with bars, dumbbells, resistance bands, and more. **Mini Pump:** Same as Muscle Pump, shorter class! A 30 minute workout blast.

Parkinson's Health & Wellness: A class designed specifically for those who have Parkinson's disease OR any other neurological conditions. The principles behind the exercises are based on neuro-scientific research and include large-amplitude movement, completeness of movements, and maximal effort with movement.

Pilates: A series of non-impact exercises designed to develop core strength, flexibility, balance, and inner awareness. **Power Pilates:** All of the key elements of a traditional Pilates class, with some heart-pumping extras to bring on the sweat and intensify the workout!

Power Cycle: A group cycle class meant to push your limits and be more advanced in nature. Awesome music, a youthful atmosphere, and an incredibly intense workout await you in this new indoor bike class!

R.E.D. Warrior: The R.E.D Warrior® Workout is designed for men and women of all ages and fitness levels. Taught in rounds followed by short periods of active recovery, the workout is designed to challenge the mind and the body. Our G.E.T.™ (Group Exercise Therapy) method includes motivational guidance to help participants overcome their self-imposed limitations and realize their potential physically and mentally.

Step: A classic group exercise! Use a step platform to add resistance, as the instructor leads you through a combination of foot work. You pick the height of your step, or without a platform at all. **Step, Kick, & Pump:** a mashup of all three workouts: Step, Kickboxing, and Muscle Pump. Get ready to sweat!

Qigong ("chi gung"): A 2000-year-old form of Chinese exercise aimed at controlling qi through movement, breathing, and meditation. The stronger your qi, the healthier you are. Qigong classes are open to all levels.

Tai Chi: *Beginner classes will focus on improving balance and learning some basic tai chi skills through practice of qigong (see above). Gradually you will learn the 37-posture Yang Style Short Form. ***Intermediate** classes will focus on deepening skill development of the 37-posture form and learning the 24-posture form, the sword form, and the 108-posture form.

Therapeutic Movement: This class is designed for people with chronic diseases, previous injuries, arthritis or any conditions that cause limited ranges of motion. Various program formats are presented by specialized instructors with skills sets such as: yoga, zumba, TRX, spinning, corrective exercise, resistance and core training. **Therapeutic TRX:** A gentler form of our TRX class, with a focus on functional movements, increasing range of motion, and stretches.

TRX: A total body fitness program that uses gravity against the individual's body weight to develop core stability, strength, flexibility, and balance. When using this suspension training device, body positioning and adjustment of the TRX allows the participant to use either more or less body weight, which will intensify or modify each exercise.

WERQ: A fiercely fun dance fitness class based on pop, rock, and hip hop music. The WERQ warmup previews dance steps used in class, and the cooldown includes balance and yoga inspired poses. Are you ready to WERQ??

Yoga: Learn the many different yoga postures as you loosen your spine and melt away stress. Excellent for improving flexibility and relaxing the mind. **Basic Yoga:** A gentle vinyasa flow style yoga class, with focus on form for the poses. An even balance of 20 minutes each of warm up, strength, and cool down. Excellent for beginner and intermediate yoga participants. **Chair Yoga:** A gentle form of Yoga that utilizes a chair as well as a mat, giving those of all abilities access to Yoga. **Power Yoga:** A more advanced form of yoga that progresses faster through the movements and involves more physical exertion. Previous yoga experience recommended.

Young At Heart: A different class every week! Designed for seniors as well as those with physical limitations, and those looking for low-impact fun. Check out the monthly, ever-changing schedule at the front desk!

Zumba: Feel the beat and come join the party! A fun workout for all fitness levels as you learn dance movements to Latin, hip-hop, and international music. **Zumba Gold & Toning:** A gentler, lower impact version of Zumba for seniors or those with joint sensitivity, but just as fun! Incorporates the use of light-weighted, maraca-style toning sticks to add some strength training to your dance moves.