



Group Fitness and Cycle Class Descriptions

Our professional, certified instructors will provide FUN, SAFE, AND EFFECTIVE classes to meet the needs of our YMCA MEMBERS. We offer a variety of classes that focus on cardiovascular conditioning, strength and flexibility training, as well as "mind-body" awareness, that will help you meet your fitness goals. Our classes welcome and encourage both men and women to attend, and most classes are appropriate for all fitness levels. Remember that when participating in classes, you should go at your own pace.

STRENGTH/CARDIO:

• Boot Camp- This workout showcases true boot camp style. Timed sprints and push-ups are definitely in the mix. No confusing choreography-just amazing results!

• Pilates Ball Fusion- Do you want to feel strong and energized? Come to this feel-good class. This innovative, fun workout will combine aerobics, muscle sculpting, and stability ball exercises with the core strengthening and muscle lengthening principles of Pilates.

• Cardio Blast- 30 minute high impact aerobic activity with plyometrics & cardio drills for endurance training.

STRENGTH:

• Muscle Pump-This body lifting experience uses multiple sets and specialized periodization. This leads to maximum strength gains. Go heavy or light, you will work all major muscles to exhaustion. You want to get strong? Really STRONG? Get to this class!

• Core-n-MORE- Get strong abdominal and torso muscles with innovative and traditional exercises. Physical appearance and better mobility will be attained. Pilate's core strengthening principles will be utilized. Beginners through advanced exercisers are encouraged to attend.

• Work Your Body - Total body work using your own body weight for strength and resistance training.

• Basic Health and Fitness – This class combines aerobic, strength training and flexibility which is designed for all fitness levels.

Working at your own pace is strongly encouraged. This class will use a variety of equipment and exercises to increase cardiovascular endurance, muscular strength, balance, coordination, agility and flexibility. This is a full body workout that raises your metabolic rate for fat burning. All ages and levels of fitness are encouraged to attend.

ACTIVE OLDER ADULTS:

• Restorative Stretch- Stress takes a toll in our lives. We have become overburdened with multi-tasking. Longer working hours and increasing home and family obligations keep us frenzied and frazzled. Our muscles and joints tighten and we may develop high blood pressure, headaches, asthma, back and shoulder pain. Injuries can occur. Restorative Stretching teaches new ways to breathe, move and even think. Relax your muscles and heal the connectors that allow you to find a balance in all this confusion. Heal chronic pain by opening joint/ligament channels.

• Silver Cycle-Active Older Adult Cycle- Get on our stationary bike and enjoy the easy, relaxed music and terrain. Move the pedals with ease and have a GREAT time doing it. Active Older Adults- give it a try!

• Young at Heart -Come join us for this Young at Heart workout and burn calories and keep that metabolism up in a low impact environment. Strength training using a variety of hand weights, tubing and bands is included, along with abdominal work, ending up with a great stretching and relaxation segment.

• Senior Chair Fun – Have trouble standing? Want something more than water aerobics? Come get a total body workout while sitting in a chair.

• Arthritis Foundation Land Exercise - an exercise program designed specifically for people with arthritis that uses gentle activities to help increase joint flexibility and range of motion and help maintain muscle strength. This program helps to improve symptoms and ease pain, fatigue and stress. There are more than 100 types of arthritis and related conditions that can affect anyone, regardless of age, race, gender etc. Exercises are done while sitting or standing. Classes are led by an Arthritis Foundation certified instructor. Everyone is welcome to attend.

• Zumba Gold - Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun.

MIND/BODY:

- Pi/Yo- Pilates and Yoga exercises combine to strengthen core musculature and increase flexibility. Mind and body awareness inspires, teaches and relaxes.
- Powerful Yoga- Physical and mental awareness will improve as you practice these fitness based, energetic and strong Yoga poses. Fluid movements invigorate and challenge.
- Restorative Stretch- Stress takes a toll in our lives. We have become overburdened with multi-tasking. Longer working hours and increasing home and family obligations keep us frenzied and frazzled. Our muscles and joints tighten and we may develop high blood pressure, headaches, asthma, back and shoulder pain. Injuries can occur. Restorative Stretching teaches new ways to breathe, move and even think. Relax your muscles and heal the connections that allow you to find a balance in all this confusion. Help to heal chronic pain by opening joint channels.
- Hatha Yoga- Find your true center. Pure and unchanged, Hatha Yoga will enhance the way you feel about yourself forever. You will find balance with your body, mind and spirit. Consciousness through motion will heal and inspire all practitioners.
- Yoga for everyone- Learn to listen to your body through relaxation and reflection. Gain strength by stretching. If you have always wanted to try Yoga, but were fearful, this is your chance to learn the basics.
- Beginner's T'ai Chi - Tai Chi has been called moving meditation. It will help you gain balance, strength, coordination and energy. In Tai Chi for Beginners we will work on the basics in Tai Chi movement and will begin to learn the 37 Posture Yang Style Short Form.
- T'ai Chi- Gentle flowing Asian inspired movement combinations teach balance, flexibility, focus and tranquil goal setting.
- Body-N- Soul Yoga - 1 Corinthians 6:19-20 "Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have received from God? You are not your own; you were bought at a price, therefore honor God with your body." Using Christian faith-based music, prayer, and scripture, this unique yoga class will inspire the Holy Spirit that dwells within us as we follow a Vinyasa flow to re-energize, yet relax the mind, body, and soul.

SPECIALTY:

- Zumba® - Ditch the Workout, Join the Party™ - A fusion of Latin and International music that creates a dynamic, exciting, and effective "fitness party"! Footwork and body movements from Flamenco, Salsa, and other dances combine with hip-shaking, high energy.
- ZUMBA® TONING - an innovative muscle training program using light weight toning sticks. We provide the 2 1/2 lb, sand filled toning sticks, which are very similar to maracas. In a relatively short period of time, this challenging workout builds coordination and muscle endurance.
- Y TREK- A 45 minute, fun, treadmill class held in the wellness center. Walk, run and stretch. All levels encouraged to give this unique class a try!
- Group Run- Do you have a love of running? Do you want to improve your current run times, or have you just recently decided to give running a try? Time to get your run on! Run at your own pace. Choose your own distance and/or duration. Other training exercises are optional, but always available. Catherine will be there to help you achieve your running goals, whatever they may be.

KID'S/TEEN FITNESS:

- Zumbatomic®: The Fitness Program - Sure, chillin' out is cool. But rockin' out is a blast! That's why you're gonna love the Zumbatomic® fitness program for kids. It's a fast-forward fusion of the Zumba program's moves (salsa, cumbia, reggaeton, hip-hop and more) and high-octane workouts designed to let kids ages 4-14 max out on fun and fitness all at the same time. Safe and effective, kids can't wait to get into the Zumbatomic groove. Watch their energy and fitness levels soar as they get the groove.
- Kid's Hip Hop Fitness - 5-15 year olds learn to dance hip hop style. Get moving to the beat and have some fun!

CYCLE:

- Cycle 101- Get down to basics with saddle height and position, handlebar positioning, gear adjustments, and everything you need to learn for our great indoor cycle classes. Cadence concentration and lifted hill climbs will still get the workout you expect, but done with safety and fun in every pedal stroke. All levels welcome! Check out the crack of dawn classes to get your weekday work outs done early!
- Group Cycle- Pedal your way to an incomparable workout using a specialized stationary bike in a group setting. Instructors take you on a ride through rolling hills and climbs, adding breakaways, cadence drills, and imagery to nourish your mind, body and spirit.
- Silver Cycle-Active Older Adult Cycle- Get on our stationary bike and enjoy the easy, relaxed music and terrain. Move the pedals with ease and have a GREAT time doing it. Active Older Adults- give it a try!
- Cycle Challenge - Each Saturday morning, start your weekend right. We will go a little faster and a little harder and you will learn lessons about yourself. These are rides filled with sweat and imagery! Each class uses a perceived level of effort so that all fitness levels are able to participate.
- Cycle 101/Stretch - if you are new to cycling or are looking for a gentler ride, come and enjoy some cardio time on the bicycle followed by an in depth stretching session which will release muscle tension and relax the whole body.
- Cardio Cycle PLUS^{Abs} - Each Thursday morning, join Paula for a heart pumping ride followed by some abdominal and core work.
- Endurance Cycle - Choose how much time you want to spend on the bike; an hour or 90 minutes. The length of this ride creates added intensity.