



GROUP EXERCISE CLASS DESCRIPTIONS

MASSAD FAMILY YMCA

Group exercise classes are included in your membership unless otherwise noted. Class schedules are posted on our website: www.family-ymca.org/newsite/massad or you can pick one up at our welcome center.

A.O.A – (Active Older Adults) A program formulated specifically for older individuals.

Abs, Back & Core – A particular workout that focuses on just that, your abs, back and core.

Boot Camp – A high energy workout in which you rotate to many different drills and exercises throughout the gym.

Chi-Gung – A martial art related exercise that focuses on cultivating and attracting “chi” (life-force) energies and is a unique Chinese exercise system.

Cycle 101 – A class to get you used to the bike and its settings as well as whip you into shape.

Group Cycle – A class focusing on cardio challenges, hill climbs, as well as varying speeds and resistance for all participant levels.

Gymnastics – Groups ranging from ages 3 to 12 will learn fundamentals of gymnastics that incorporates fun and games.

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

Karate – A Japanese art of self-defense in which sharp blows and kicks are administered to pressure-sensitive points on the body of an opponent. \$program fees apply

Kickboxing – These high-intensity classes are a great full body workout, incorporating a broad range of punches, kicks and athletic drills.

Muscle Pump – Designed to build endurance with low to medium weights and high repetitions.

Pilates – A series of non-impact exercises designed to develop strength, flexibility, balance and inner awareness.

Power Yoga - A form of yoga that involves more physical exertion.

Step – a form of exercise that utilizes a platform ranging in height from four to ten inches.

Tai Chi - A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind.

Zumba - A program that combines Latin and international music with dance in an effort to make exercise fun.

