

CLASS DESCRIPTIONS

3/3/3 – This class combines cardio, sculpting and core work in 3 minute intervals for a total of 50 minutes with 5 minutes each of a warm-up and cool down.

ABS AND GLUTES – A quick and efficient workout. 30 mins of intensive work for the abdominal and gluteal muscles.

ABS AND ARMS - 50 minute class focusing on Abdominals and Upper Body muscles.

BALLET FIT - Ballet Fit uses traditional ballet movement, and vocabulary to teach core strength, flexibility, balance, coordination, and musicality. Learn to move gracefully while practicing plies, tendus, and battements. Students can wear socks or regular ballet slippers. *

BODY SCULPTING – Develops muscular strength and endurance using weights, body bars and resistance tubing. Can also include use of the BOSU.*

BOXING/BAG BOOTCAMP – This interval workout incorporates punching and kicking with boxing bags and cardio and body conditioning drills. Wrist wraps required (not provided by YMCA). Boxing gloves are provided on a first come first serve basis.

CARDIO FUNK- A crowd favorite!! Energy filled dance class with choreography. Suitable for all fitness levels.*

GROUP CYCLING – Indoor cycling class uses special bikes for non-impact workout. Bike shorts are recommended for comfort.*
See Group Exercise schedule for a more detailed description.

HEAT – High Energy Athletic Training – A high intensity cardio workout. This class combines both aerobic and anaerobic activity with the use of drills and props to improve speed and agility.
THIS CLASS IS NOT RECOMMENDED FOR EXPECTANT MOTHERS.

KIDS YOGA – A variety of yoga poses done in a playful atmosphere. The class focuses on breathing, balance and relaxation. Ages 6-12

KIDS Rock – A 30 minute class to increase the cardiovascular endurance within a fun and inviting environment. Ages 4 - 7

LOADED – Body sculpting to choreographed routines, using the body bar as its primary tool in addition to hand weights. A rewarding workout that's lots of fun. Body Pump fans welcome.

LATIN CORE – Choreographed dance to the sound of smooth Latin music. Dance styles include but not limited to Salsa, merengue, and reggae, and for a little spice a light weight workout for the arms.*

MAX OUT- A 30 minute INTENSE class incorporating both Aerobic and Anaerobic exercise. This class is not suitable for beginner exercises.

PILATES – Strengthening and toning class that uses body weight and exercises based on the Pilates method.

POWER STEP – A more intense version of a traditional step class. May require more choreography and intensity. Not suitable for those new to Step classes.

POWER YOGA – A workout designed to increase your flexibility as well as your strength and cardio power. Traditional Yoga poses combine with a little kick!! Intermediate – advanced level class. Previous yoga experience is advised.

SENIOR CHAIR SCULPT – A gentle body strengthening and balance class for seniors. Exercises are all performed either seated in or supported by a chair.*

STEP – High intensity aerobics class performed while stepping up and down on a platform with choreography.

STEP INTERVAL – A 60 minute workout combining both Step and Sculpt.

TAI-CHI – Explores a variety of ancient Chinese poses and postures, focusing on moves to create strength, cardio and flexibility.*

TOTAL BODY – Take BODY SCULPTING and add some cardio intervals.
This class combines both strength work and cardio training for a balanced workout.

TURBO KICK – A tough workout combining shadow boxing, kickboxing, sports drills, dance moves and Yoga- like cool down.

TURBO KICK/SCULPT COMBO – 40 Mins of Turbo Kick and followed by 40 Mins of Body Sculpting. You can stay for the entire class or drop in for a portion of it.

WATER AEROBICS – Aerobic workout in the pool using water as the resistance to challenge, strengthen, and condition the body.

SHALLOW WATER - A high energy aerobic and full body workout, held in the shallow end of the pool using various equipment.

DEEP WATER – A high energy workout in the deep end of the pool, using flotation belts to create a great non-impact workout.

WATER CHALLENGE - makes use of both the shallow and deep ends of the pool for a challenging workout utilizing noodles and barbells. If you are unable to stay for the entire class you are still welcome to attend.

YOGA – Yoga is a collection of practices aimed at integrating mind, body, and spirit. Yoga practice improves balance, flexibility and coordination; builds physical and mental strength; increases stamina and endurance; and decreases stress levels.

HATHA *– Focuses primarily on the practice of physical postures or poses (asanas) and breathing exercises and techniques (pranayamas) and is suitable for all ages, shapes, sizes and flexibility levels.

ASHTANGA –The most athletic style of yoga training.

POWER FLOW/VINYASA – Flowing, dynamic style of yoga synchronizing movement with the breath. **Please note, the YMCA does not provide yoga mats.**

ZUMBA – Zumba is a dance based fitness., inspired by the traditional cumbia, salsa, samba and meringue music. It offers a hi-low impact cardio workout or all levels. *

PLEASE NOTE

Classes marked with a * are suitable for beginners or those participating in the COACH APPROACH program.

For more details on the COACH APPROACH program
and questions regarding the Group Exercise schedule please contact
Yvette Hassell, at 404.267.4840