

**Class Descriptions**

**ABS 'N UPPERS**

25 minutes of fully defining your upper body and abdominal. A great way to complete that cardio class.

**AQUACISE**

Low to medium gear water exercise incorporating all the fitness components.

**ARTHRITIS FOUNDATION YMCA AQUATICS**

Emphasis is on exercises which could improve daily living for those suffering from arthritis.

**BODY SCULPT**

Using the resistance of light weights, tubing, Resist-a-Balls<sup>TM</sup> and the Body Bar, this class will define and refine every muscle.

**CORE REDEFINED**

The ultimate in fitness conditioning combining a mélange of strength training, Yoga, Pilates, Balance training, stretching plus body sculpting. This class is all about controlled Core Stability engaged in a mind / body method of movement with emphasis on grace and posture. Music is up beat and flowing for continuous movement. Prior experience with Pilates and or a Power Yoga program recommended.

**CROSS TRAINING**

Class combines step and hi/low aerobics for a great cardiovascular workout. Body sculpt with weights and abdominal exercises follow the cardiovascular portion of the class.

**CYCLE 360 - TOTAL BODY FITNESS**

Cycle 360 allows you to obtain a great cardio workout along with strength training. The class begins with a 45 indoor cycling class followed immediately by a 25 minute upper body strength and core defining workout - 360 degrees of total body fitness! This highly charged and effective class meets in Studio 2.

**DEEP WATER EXERCISE**

A high-intensity workout for those who like the deep water. Increase your physical fitness level by cross-training with the lowest level of impact.

**GROUP CYCLING (45 MIN) OR GROUP CYCLING EXTREME (60 MIN)**

Non-impact interval workout using a stationary bike. The group instructor will guide class through visual imagery. A great cardio workout suitable for all levels. Held in the Studio 2.

**HIGH/LOW AEROBICS**

A variable intensity workout combining high and low impact aerobic combinations. Upper body conditioning and abdominal work follow the cardio portion of the class.

**HIP HOP HUSTLE**

Burn up the dance floor and burn calories too! HHH blends hip hop and dance moves, making them simple and easy to follow. Anyone can do this! This workout takes the fun factor up a notch! It's got super hot moves and you can get rock hard abs doing it! It's so much fun everyone will be wanting more!

**HYDROFLEX**

A medium to high gear water aerobic exercise program for the water enthusiast who wants more from their workout.

**INTERVAL CYCLING**

One minute you are just cruising the next you are flying down the road. On again off again cycling, really great workout for the heart.

### **LOW IMPACT AEROBICS**

Same format as the previous Fit Over Fifty class with less strenuous movements than our traditional low impact class. Great for beginners!

### **POWER FLOW**

Body-sculpt type of class that combines strength, Pilates and dance conditioning exercises to work upper, core and lower body in unison, helping to increase flexibility and function of muscles.

### **PILATES**

The ultimate spirit, mind and body workout. Developed to strengthen the core. Pilates incorporates isometric exercise with flexibility and mat work in a rejuvenating and relaxing low impact class.

### **LITE AND LIVELY FOR ACTIVE SENIORS**

Begin at any age, but targeted for seniors who want to gain strength and endurance for daily activities. This is a low impact aerobics session using a chair for support if needed. You may use hand weights, resistance tubing and or a ball to have a good time in this class.

### **STEP II**

A high-intensity workout incorporating complex choreography on the step. Upper body conditioning and abdominal work follow the step portion of the class.

### **STEP BLAST**

An intermediate class featuring high energy step. Finishing with sculpting and abdominal work.

### **30/30 STEP 'N SCULPT**

30 minutes of fun and exciting step. Followed by 25 minutes of body defining body sculpting.

### **STRETCH FOR LIFE**

Stretching for all levels of fitness. This class benefits everyone. Come improve your daily living.

### **ACTIVE OLDER ADULTS WATER EXERCISE**

For ages 62+: An energizing class to get you fit while you make new friends. Come when you can.

### **WATER CHI**

Tai Chi in the water is clinically proven to help lower blood pressure, improve balance and coordination in a safe, non impact environment.

### **WATER SPORT**

A high energy class geared for persons searching for an aerobic conditioning workout in a lower impact environment. This class is also great for those looking for a cross-training experience.

### **YOGA**

Through deep breathing and a series of movements and poses you will learn to clam your mind while developing strength, stamina, flexibility, mental focus and clarity. Yoga is a total body and mind workout geared for all ages and all body types. Some mats are available, however, we suggest you bring your own yoga mat.

### **ZUMBA**

New and exciting class. Heart pounding cardio Latin dancing combining the basics of Salsa, Cha-Cha, Meringue & Samba, to get your heart rate up burn calories and tone your muscles.