

CONDITIONING

ABS & GLUTES	30-minute class that targets and tones these muscle groups: abdominals, gluteus, abductors and adductors.
HIGH DEFINITION	This choreographed barbell program strengthens major muscle groups. With simple, athletic movements such as squats, lunges, presses and curls, High Definition is for all fitness levels.
PURE MUSCLE	A classic "old school" muscle conditioning class that tones and strengthens the entire body. Utilizes dumbbells, weighted bars, and resistance tubing to target all major muscle groups. No complicated choreography - focus is on intensity and results.
PURE STRENGTH	Form follows function. Challenge your muscular endurance as well as balance and coordination by moving through all planes of motion with multi-joint and compound exercises. Strengthen to move like we do in everyday life. Utilizes equipment such as dumbbells, medicine balls, BOSUs, discs, and resistance tubing.
SETS & REPS	Tired of choreography? A muscle-conditioning class that incorporates hand weights and barbells to tone and strengthen major muscle groups. Formatted around the sets and reps philosophy of weight training, muscle tissue is built and joint integrity enhanced. This class alternates from high to low repetitions. Low repetitions make you stronger and the high repetitions make you toned. Two to three sets of reps from alternating muscle groups are executed in rotation for a total body workout that promises to show results.
SIX-PACK ABS	30-minute workout that tones, strengthens, and sculpts your abdominal muscles and lower back. Perfect complement to Group Cycling class.
ULTIMATE CONDITIONING	Ultimate cardiovascular and strength workout designed to work every inch of your body. An intermediate-level workout alternating a set of strength training with a set of heart-pounding, high-energy cardiovascular movements. A workout to transform your body!
UPPER CUTS	A 30-minute upper body workout that sculpts the shoulders, triceps, biceps, upper back and chest using dumbbells and a weighted bar. Perfect complement for cyclists and those desiring a stronger, leaner and more defined upper body.

MIND/BODY

MAT PILATES	A system of stretching and strengthening exercises that will help improve your posture, strength, flexibility and body awareness. The ultimate spirit, mind, and body workout incorporating isometric exercises with flexibility and mat work. Bring a mat if you have one.
PI-YO FUSION	A soothing blend of the best of both. Pilates and Yoga combine to make a core strengthening mind/body spectacular. Bring a mat if you have one.
POWER PILATES	A mat class designed in the Pilates method of stretching and strengthening at the same time. Designed to develop the body's core. Bring your mat and be ready to discover your "core".
POWER YOGA	A vigorous, fitness-based approach to vinyasa-style yoga with emphasis on strength and flexibility. Closely modeled on the Ashtanga style of practice. Bring a mat if you have one.
STRETCH FOR LIFE	Gentle exercises using yoga positions. A great place to start or add more stretching to your fitness routine.
TAI CHI	Often described as "meditation in motion". Emphasizes technique over strength and promotes serenity through gentle movements — connecting the mind and body. Non-competitive, self-paced system — a series of postures or movements in a slow, graceful manner. Suitable for everyone regardless of age or physical ability.
YOGA	Teaches asanas (postures) and pranayama (regulation of breath) to improve your strength and flexibility. It also practices relaxation techniques to release stress and improve concentration. Good for the body, mind and spirit! Bring a mat if you have one.

- ♦ Facility members may attend any of our group classes as benefit of membership. Classes are 55-60 minutes long unless otherwise noted. Please wear proper footwear and athletic attire when attending any fitness class.
- ♦ Ages 13 and older (unless specified otherwise) may choose to attend any of our group exercise classes. Ages 9 to 12 with an accompanying adult may choose to attend any of our group exercise classes except Cycling classes.

CHOREOGRAPHED CARDIOVASCULAR TRAINING

CARDIO BLAST	This choreographed class will burn calories and improve fitness and endurance. The format will incorporate both cardiovascular and strength training.
CARDIO CHALLENGE	Calorie-burning cardio -- simple, fast and fun. Anything goes in this fat-burning, heart-pumping class. Cardiovascular training at its best.
CARDIO KICKBOX	An aerobic workout that teaches basic kickboxing skills choreographed to energizing music. Be prepared to have fun and work hard!
URBAN GROOVE	Unleash the inner dancer in you without hitting choreography roadblocks. Get into the groove with this fun and funky cardio workout set to the latest Hip Hop music. Learn to love just moving to the music.
ZUMBA	It's the rage! A fusion of Merengue, Salsa, Funk and Fun. High energy, easy choreography, an all-around hip-shakin' workout!

STUDIO CYCLING

ABS-OLUTE CYCLING	Group Cycling and Six-Pack Abs combine for a total body workout. Starts with a 55-minute ride in the Cycle Studio and ends with 30 minutes of abdominal conditioning in the Mind/Body Studio.
GROUP CYCLING	A stationary cycling workout for all fitness levels. Pedal in groups, roll over hills, chase the pack, and climb mountains. Motivating music and an inspiring group environment challenges you while allowing you to work at your own pace. Bring a towel and water bottle to class. Cycling shoes are optional. (Pedals are SPD-compatible). All levels welcome.
HOT CYCLE	Weather too cold to ride outside but would love to get a good perspiring workout in? Come inside where it's warm. This is Group Cycling's version of Hot Yoga (but not that hot, just a play on words). Enjoy a good sweat without feeling chilled. Utilizing your body's ability to regulate your body temperature, enjoy an hour's ride with no ceiling or pedestal fans! Intermediate level class. <i>Please note: The difference between this class and the rest of our Cycling classes is that ceiling and pedestal fans are not turned on. Studio temperature is still set at 67°F.</i>
RACEFIT CYCLING	Develop your ability to produce and sustain power on a bike. An intermediate-level class to target specific training goals and build on-the-bike strength and power. Whether you race, ride for fun, or just love indoor cycling, you will see marked improvement in your overall fitness.
ROADFIT CYCLING	A "No Frills" ride taught by three road cyclists on a rotation. Mimics outdoor cycling – lots of saddle time, no chatter, no jumps. Perfect for anyone who wants a great morning workout. Get fit while experiencing outdoor workouts translated for the indoor studio. Sport-specific drills for endurance, power, and speed that include time trialing, climbs, sprints and pulls for a challenging and unpredictable ride.

FOR OUR YOUNGER SET

KID FIT	An alternative to the nursery for 3-6-year olds while mom and dad work out. A 30-minute class for your little ones to enjoy – includes frog jumps, jumping jacks, marching, twirling, hopping and much more.
ON THE MOVE	Sports activities to keep your 8-12 year olds "on the move" and engaged. After your 8-12 year olds are signed in at YPod (Clubhouse), staff members will gather them up every 30 minutes to take them to the basketball gym or arena to participate in group activities like basketball, soccer and such. Must wear appropriate athletic footwear and apparel.

Questions or comments concerning Group Exercise? Please contact Lorna Loh, Wellness Director
LornaT@ymcaatlanta.org or 678-507-9627

Rev. 01/01/10