



## GROUP FITNESS CLASS DESCRIPTIONS

(Revised: 1/11/19)

### LAND CLASSES

#### Beginner Level...

**RESTORE THE CORE...** Learn the proper form and technique for targeting the "Core" (Abs, Back, Obliques). Training the muscles of the core can correct postural imbalances that can lead to injuries, alleviate back pain and develop functional fitness – that is fitness that is essential to both daily living and regular activities. Come join us in the studio for this 15-minute workout!

**STRETCH EXPRESS...** Need to improve your flexibility and balance or looking for a perfect way to end your workout? This 30-minute class will offer a soothing stretch; will improve your sense of balance in a tranquil atmosphere, followed by a calming relaxation. You have the option of using a mat or sitting in a chair. All fitness levels welcome!

**SENIOR SHAPE UP...** This class is designed to improve your cardio, strength, endurance, flexibility, and balance, but most importantly, your overall health. Exercise is the key to healthy aging. You will work out with music, hand-held weights, elastic tubing, weighted balls, body bars, fit balls, and on occasion will do the parachute, theme workouts, circuits and line dancing. Coffee and social time after every class.

**CARDIO EXPRESS...** A great place to start your cardio training! This 30 minute class will improve your stamina, help control your weight and improve your quality of life. Add the 30 minute "Strength Express" class for a full hour. Geared towards the beginning exerciser, but all fitness levels welcome!

**STRENGTH EXPRESS...** A great place to start your strength training! This 30 minute class will strengthen & tone your muscles, enhance your flexibility and improve your quality of life. Will use dumbbells, bands, tubing, fitness balls, etc... Come to this class warmed up and ready to go. Add the 30 minutes "Cardio Express" for a full hour. Geared towards the beginning exerciser, but all fitness levels welcome!

**ZUMBA GOLD...** Join us for 45 minutes of easy-to-follow, non-stop dancing to a variety of music (Latin, Pop, Oldies, & Swing). This class targets the active older adult, the beginner and other special populations that may need modifications for success. Our Zumba Gold classes are family friendly meaning any child ages 8-12 can come with a parent or guardian. All fitness levels welcome!

**KETTLEBELLS...** is a 30-minute class that consists of whole-body movement exercises that deliver cardio, strength and flexibility benefits in a short amount of time. All fitness levels welcome!

#### Ready for More???

**STEP AEROBICS...** Come get your blood pumping with this cardio class consisting of mostly step with some traditional aerobics and strength training exercises mixed in for variety. All fitness levels are welcome.

**LES MILLS BODY PUMP™ ...** is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, your choice of weights and motivating instructors to help inspire you to get the results you came for – and fast!

**LES MILLS BODYCOMBAT™ ...** is the empowering group fitness cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi, muay thai and is the world's most popular martial arts group fitness class.

**ZUMBA...** Ditch the Workout, Join the Party!! That is the theme for this Exhilarating Experience! Zumba fuses Latin Rhythm and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away! Experience long-term benefits while having a blast in these 45 min. calorie-burning, body-energizing, awe-inspiring movements!

**SCULPT & TONE...** Crank it up with this total body weight training workout! This class uses dumbbells, bands, fitness balls, tubing, gliding discs, the BOSU, etc. to challenge all the major muscle groups. Appropriate for all fitness levels.

**CYCLING...** is a non-impact cardiovascular workout. No pounding on the joints! You can train wearing a heart rate monitor that allows you to workout at your own intensity and heart rate level or go by Watts. Either will ensure you a more effective workout. Please bring your own water bottle!

**YOGA... (Hatha, Anusara, Ashtanga, Yin, etc.)** Different types and styles of classes, but they all basically practice the fundamentals of Yoga through stretching, strengthening and proper breathing. Leave class feeling renewed and relaxed! All fitness levels welcome!

#### Ready for a Challenge???

(Intended for Advanced Exercise Participants)

**POWER/ASHTANGA YOGA...** uses dynamic breathing and a sequential order of poses to create an energetic, high heat workout.

**LES MILLS GRIT™ ...** is a 30-minute High-Intensity Interval Training (HIIT) workout designed with short rounds of high-intensity exercise followed by periods of strategic recovery. GRIT consists of 3 components; strength, cardio and plyo

**LES MILLS SPRINT™ ...** is a 30-minute High-Intensity Interval Training (HIIT) workout using an indoor bike to achieve fast results. It's a quick and hard style of training that returns rapid results with minimum joint impact.

## WATER CLASSES

### Beginner Level...

**AQUACISE...** Low to medium intensity class great for toning and cardiovascular benefits. This class offers a fun, active, social environment for all ability levels.

**YOUNG AT HEART...** It's easy on the bones and good for mobility, flexibility, and toning. Join us for refreshing fun in the pool! This class is for active older adults. It is also excellent for members with arthritis, fibromyalgia, etc. Swimming ability not required.

### Ready for More???

**WATER WAKE UP...** Start your morning off right! For those of you who aren't afraid to get your hair wet. A medium to high intensity workout creating stronger hearts and well-toned bodies.

**WILD WATER WORKOUT...** Medium to high intensity class utilizing all the muscles, especially the heart. You will use noodles, hand bars, webbed gloves, steps, etc... for a little extra resistance in the water. Get wet & wild with this workout!

**WATER VOLLEYBALL...** Volleyball is a water sport, too. Played in the deep end with a beach ball using a floatation belt or fins if needed. This class is intense, fun, and social!

### Ready for a Challenge???

**AQUA POWER...** Come make a splash with this high intensity workout! Water offers the perfect solution to cross training! Using just your body or a flotation device... you are guaranteed to get a great cardio workout in this 45 min. class!

**AQUA HIIT...** HIIT IS THE WAY THESE DAYS! Let the water take you to the next level with a 30 min. low-impact, high intensity workout in a 45 min class. HIIT workouts crush loads of calories and improve your fitness fast!

**HYDRORIDER...(NOT HELD IN THE SUMMER)** Welcome to the latest aquatic fitness trend...aqua cycling. The Hydro-rider is a unique aquatic indoor stationary bike, which allows you to pedal while immersed in the water, taking advantage of the added resistance of the water. There is nothing like it!

## SPECIALTY CLASSES

(Specialty classes are run by sessions and not included with your Y membership. See Members Services Desk for Registration dates and Fees.)

**STOTT PILATES...(RUNS YEAR ROUND)** Whether you are working with a personal trainer, or in a small group, the aim of STOTT Pilates remains the same: using core strength, flexibility and endurance - without risking injury or building bulk. STOTT Pilates also helps restore the natural curves of the spine, relieve tension and enhance self-confidence. The result is a balanced and aligned body that looks fit... feels revitalized... and moves with ease. This class is ideal for all fitness levels from the person rehabbing, beginning exerciser, to the elite athlete. Check at Member Services Desk for session dates and registration info.

**TRX...(RUNS YEAR ROUND)** This class uses a TRX Suspension Trainer, which is a training tool that leverages gravity and the user's body weight. It develops strength, balance, flexibility, endurance and core stability simultaneously (plus burns fat)! Benefits people of all fitness levels (pro athletes to seniors). You control how easy or hard by where you stand. This is truly a fast, effective, total body strength training workout!

**TAEKWONDO...(RUNS YEAR ROUND)** Will assist participants in gaining flexibility, strength and skill, while incorporating discipline and control into the workout. Students will learn martial arts techniques as well as self-defense maneuvers. Taekwondo is appropriate for youth in kindergarten through adult, regardless of previous skill or aerobic ability. This class runs continuous throughout the year, paying monthly.

**BOOTCAMPS...(OFFERED PERIODICALLY-CHECK FOR DATES)**  
**EXAMPLES: CALIX, SWEAT, Muscle Hustle, Fit Family, and Lean & Mean)** Are you ready to get pushed out of your comfort zone? We offer many different formats of Bootcamp. Instructor will lead you through high intensity intervals of cardio and strength using your body weight and a variety of equipment. See individual flyers for format, dates and times.

**MELT WORKSHOP... (OFFERED MONTHLY-CHECK FOR DATES)** Based on the "Melt Method" Program. A form of self-therapy. Manipulating the body's connective tissue is believed to release trapped stress and restore the body's natural elasticity, which in turn eliminates pain.

**MELT FOAM ROLLER CLASSES...(OFFERED MONTHLY-CHECK FOR DATES)** After attending the MELT Workshop you may want to fine tune your technique, learn new techniques and start developing a personal program that will benefit you. Each class will be unique! These classes require some knowledge of Myofascial Release and a MELT foam roller.

**SPECIALTY CYCLING RIDES...** Watch for periodic one-time specialty Cycling rides to test your indoor riding talents.