



## GROUP FITNESS CLASS DESCRIPTIONS

Revised: 5/31/2023

### 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. Option of using a mat or sitting in a chair.

**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.

**CYCLING...** is a non-impact cardiovascular workout. No pounding on the joints! You control your own resistance to ensure you get a more effective workout. Please bring your own water bottle!

**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.

**STEP & SCULPT...** This class combines cardio and strength training using the Step and a variety of equipment to keep things fresh. (Dumbbells, Bands, Body Bars, Step, BOSU, Fitness Balls, etc...) A whole-body workout in 45 min! All Fitness levels welcome.

**STOTT PILATES REFORMER...** Using the Reformer, the exercises focus on core strength and proper muscle engagement which improves athletic performance, back pain, injury recovery, balance, bone density and posture. All fitness levels welcome.

**DRUMS ALIVE...** Dynamic movements of aerobic dance with the pulsating rhythms of the drum. It is a unique sensory/motor program that is designed to give the mind and body instant feedback through continuous movement and rhythmical flow. AND FUN!!!

**BETTER BALANCE...** Improves balance and proprioception (the sense of where your body is at in space). Increases body awareness, improves posture, boosts confidence and self-esteem and can prevent future injuries and falls.

**CHAIR YOGA...** Gentle yet effective yoga practice involving the support of a chair. Helps your body to be more spatially aware through the transition of poses. Variations and modifications will be given.

#### Ready for More???

**LESMILLS 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!

**LESMILLS 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!! Latin Rhythm and dance moves to create calorie-burning, body-energizing, awe-inspiring movements with long term benefits!

**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 major muscle groups and a taste of TRX. Appropriate for all fitness levels.

**YOGA...** 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! (Hatha – General Yoga) (Yin – Poses held for 1-3 min getting into connective tissue)

**BARRE...** This class incorporates a ballet barre and elements of Pilates, dance, yoga and strength training. Barre focuses on high repetitions and small range of motion. Benefits include increase in strength, improved posture, coordination, balance, greater flexibility, prolonged calorie burn, focus and increased body awareness.

**TRX...** Using a TRX Suspension Trainer, 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!

**KETTLEBELL...** is a highly versatile tool used for strengthening all the muscles of the body. Its design allows it to be manipulated in a multitude of ways, allowing for swinging, pressing, pulling, carrying, throwing and stability-based exercises. All fitness levels welcome!

## Ready for a Challenge???

(Intended for Advanced Exercise Participants)

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

**LESMILLS 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

**LESMILLS 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.

**BOOTCAMP...**Get pushed out of your comfort zone? You will be lead through high intensity intervals of cardio and strength using your body weight and a variety of equipment. Instructor will show modifications

## 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???

**HYDRORIDER... (NOT CURRENTLY BEING HELD)** 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.)

**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.

**MELT CLASSES... (OFFERED MONTHLY)** 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.