



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## CLASS DESCRIPTIONS

### **Bootcamp**

Calling all diehards - drop and give me 20! This total body workout contains sports conditioning moves, calisthenics, and invigorating drills based on speed, power, and agility. No coordination required ... no choreography allowed!

### **Body/Power Sculpt**

Sculpt your body from head to toe using weights, tubing, bands, balls and more. Strengthen and define your muscles, lose fat, and increase your metabolism as you chisel the body of your dreams. Suitable for all levels.

### **Chair Yoga**

Chair Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

### **H.I.I.T/Tabata**

High intensity interval training. This is a challenging class that resembles Tabata intervals. It's similar to a boot camp class but faster harder intervals segments. If you need to get off your plateau and achieve greater fitness, this is the class for you.

### **Interval Step**

Hey, step veterans; it's time to step it up a notch! This non-stop, high-energy workout will have both your brain and body working up a storm. Suitable for beginners, intermediate to advanced steppers.

### **Kickboxing**

Jab, hook, and kick your way fit! This high-intensity, intense cardio session will have you sweating like a pro! We will use bags, and suggest you bring you're "A" game!

### **PiYo**

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

### **SilverSneakers® Classic**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. This class is open to ALL YMCA members and is suitable for beginning-to-intermediate exercisers.

**Heart Rate Training:** The idea behind heart rate-based training is that you train your aerobic system without overstressing your skeletal and muscular systems. Learn how to monitor your heart rate with perceived exertion and your monitors.

### **SilverSneakers® Circuit**

In this more challenging SilverSneakers class, upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position. This class is open to ALL YMCA members and is suitable for intermediate-level exercisers.

### **CARDIO & TRX/ Bootcamp TRX**

Get your strength training and your cardio all in one fun, challenging, sweaty hour! This 50-minute class alternates between exercises that build strength and balance and medium to high-intensity cardio intervals both on and off the TRX. TRX Intervals is suitable for all levels because every exercise on the TRX can be modified to accommodate the specific needs of each student from the novice to the athlete.

### **Total Body Sculpt**

Is a sculpting class that builds muscle, strength, and endurance using equipment including free weights, body bars, medicine balls, stability balls, and more. It combines cardio exercises that will elevate your heart rate with strength exercises that will target all major muscle groups.

### **Y-Cycle**

This indoor cycling class will take you on a ride through the flat lands to the mountain tops. Come see why the popularity of cycling continues to endure. Since you control your own pace and resistance, you can make this work-out as easy or as challenging as you desire.

### **Yoga- PLUS members only**

Why is yoga thousands of years old and more popular than ever? Offering you strength, suppleness, energy and peace, yoga will transform your body and enrich your spirit. Come experience the harmony of spirit, mind and body. All of our classes focus on Hatha yoga poses.

### **Yogalates- PLUS members only**

Hit the mat...gently! You don't have to choose between the core strengthening benefits of Pilates and the flexibility benefits of Yoga because this class offers both! Join us today in this lay-down/STAY-down hybrid class!

### **Zumba®**

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone your body while burning fat.