



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROWING STRONGER TOGETHER

## Group Exercise Class Descriptions

### Spears YMCA

**Active Adult Fitness (AAF):** Designed for Active Older Adults as well as SilverSneakers® members, this class consists of a variety of cardiovascular movements, strength exercises & flexibility training done with low or no impact. Great for beginners too! (Cardio, Strength)

**Ashtanga Yoga:** Build strength, improve balance and increase flexibility in a challenging physical yoga practice. (Mind/Body)

**Athletic Conditioning:** Easy to follow non-stop speed, plyometric & agility drills. Challenging moves without being complicated. (Cardio, Strength)

**Barre:** Enjoy this fun & empowering experience - beginning with a warm up focusing on postural strength & alignment, followed by a series of upper body exercises using light weights. A ballet barre or chair is used to sculpt the lower body & core. (Strength)

**Big Red Circuits:** Rotate quickly through circuits on the Synergy 360 Functional Training system which we call "Big Red". Cardio, strength, agility, balance, and endurance in a fast paced class. (Strength, Cardio)

**BODYPUMP®:** Challenge all major muscle groups using low weight & high repetition movements. Expect to work hard in order to gain strength & burn calories to get results. (Strength)

**Cardio Plus:** A combination of cardiovascular exercises with strength & core training to provide a total body workout. (Cardio, Strength)

**Chair Yoga:** Yoga poses modified to be done while seated in a chair making it accessible to people who cannot stand or lack mobility to move easily from standing to seated to reclining positions. Students do seated versions of traditional yoga poses and can use the chair to give support for standing poses. (Mind/Body)

**Core:** This 20-25 minute class works the entire core, with a focus on abs and low back. (Strength)

**CXWORX®:** An intensely challenging 30 minute core workout that gets results where it counts the most. It's ideal for tightening the abdomen & glutes, while also improving functional strength & assisting in injury prevention. (Strength)

**Cycle:** Using stationary bikes, participants are coached through hill climbs, sprints, and interval training to stimulate a full bike riding experience. Please arrive early to set up your bike. Towel and water are strongly advised. (Cardio)

**Functional Strength:** A total body strength workout using a variety of equipment and/or body weight. (Strength)

**Gentle Yoga:** A class for those beginning Yoga or having limitations in strength and flexibility. (Mind/Body)

**HIIT:** High Intensity Interval Training is a challenging fitness format that includes a cardiovascular push with a total body workout. (Cardio/Strength)

**Kick Boxing:** Punch, kick, & block your way to burn calories. Increase cardiovascular health, strengthen muscles, increase balance and coordination, burn calories, and have a good time! (Cardio)

**Mat Works:** Improve strength & flexibility thru concentrated breathing & stretching poses while focusing on proper body alignment with a combination of yoga, Pilates and core strengthening exercises. (Mind/Body, Strength)

**SS Classic:** Have fun & move to the music thru a variety of exercises designed to increase muscular strength, range of movement & activities of daily living. Hand held weights, elastic tubing with handles, & a ball are offered for resistance. A chair is used for seated and/or standing support. (Active Older Adult)

**SS Yoga:** Move thru a complete series of seated & standing yoga poses. Chair support is offered to increase flexibility, balance and range of movement. (Active Older Adult, Mind/Body)

**Yoga 1:** This mixed level class improves strength & flexibility thru concentrated breathing & stretching poses while focusing on proper body alignment. (Mind/Body)

**Yoga 2:** This advanced class improves participants' strength & flexibility by flowing thru poses and/or performing more strength based poses. (Mind/Body)

**Zumba®:** Effective body sculpting movements mixed with easy to follow, fun dance steps, inspired by upbeat Latin music & dance styles. (Cardio)

**Zumba Gold®:** This class takes the Latin dance styles of Zumba and tailors it to the young at heart. Move your body to the rhythm to build up your cardiovascular health. (Active Older Adult, Cardio)

#### SPEARS FAMILY YMCA

3216 Horse Pen Creek Greensboro, NC 27410

P 336 387 9622 F 336 387 9620 [www.spearsymca.org](http://www.spearsymca.org) A United Way Agency

Our Mission: "To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all."