



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Bryan Family YMCA

Group Exercise

Class Descriptions

| Class | Description |
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| Barre | Improve postural strength and alignment with lower body and core strengthening exercise using a ballet barre or chair. Light weights are used for upper body sculpting and flexibility is incorporated throughout the class. |
| Body Pump® | Challenge all your major muscle groups by using low weight and high repetition movements. Expect to work hard in order to gain strength and burn calories to get results. |
| Cardio Dance | Easy to follow and fun dance steps to motivating music for a body sculpting and calorie-burning good time. |
| Cardio Plus | A combination of cardiovascular exercises with strength and core training to provide a total body workout. |
| 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. Participants do seated versions of traditional yoga poses and can use the chair to give support for standing poses. |
| CIZE™ | A revolutionary dance workout by Shaun T, the creator of Insanity® and a team of professional choreographers, CIZE™ will have you bustin' out full dance routines to the hottest music tracks. Get sweaty, gain confidence, and get an amazing workout! |
| Core | Work the entire core with a focus on the abdominal area and low back in this short but effective class. |
| Cycle | Using stationary bikes, participants are coached through hill climbs, sprints, and interval training to simulate a full bike riding experience. Please arrive early to set up your bike. Towel and water are strongly advised. |
| Cycle Strength | On the bike! Off the bike! Cardio! Lifting! Repeat! This class is an all-in-one that will keep you on your toes. Please arrive early to set up your bike. Towel and water are strongly advised. |
| Food 4 Thought | This class is for conversation and education about the food we consume. Come learn about how we can complement our workouts with good nourishment for the mind & body. |
| Functional Strength | Build total body strength to improve your performance in all activities of daily life with the use of dumbbells, barbells, body bars, tubes and/or body weight. |
| Gentle Yoga | A class for participants new to yoga or those having limitations in strength or flexibility. Poses involve standing, sitting on the floor & laying down. Transitions from seated to standing poses are minimal. |
| HIIT | High Intensity Interval Training is a challenging fitness format that includes a cardiovascular push with a total body workout. |
| 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! |
| Kundalini Yoga | Dynamic movement and breathing techniques are used to build physical vitality and increase consciousness. |
| Line Dancing | Using a variety of music genres from country to pop to hip-hop, this dance class is packed with fun for all! Both familiar and new-to-you choreography will be showcased in this class. |



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| Mat Works | Improve strength and flexibility through concentrated breathing and stretching poses while focusing on proper body alignment through a combination of yoga, Pilates and core strengthening exercises. |
| Next Step | This class meets the track and incorporates exercises into a walking regimen. All levels are encouraged to participate and learn how you can incorporate exercise into your everyday routine. |
| Pilates | This classic routine helps build flexibility and long, lean muscles, strength and endurance throughout the body. |
| Power Hour | A Personal Trainer-led class packed with variety, challenge, and fun. With the multitude of possibilities on the Synergy 360, tubes, the track, weights, stability balls, and more, you never quite know what is in store! |
| SS BOOM® | BOOM® incorporates 3 different options: Muscle, Move it, or Mind or a combination of them all! This is a moderately intense workout for anyone who is ready to kick up their exercise and do more with their body! No chairs used in class. |
| SS Cardio Fit | A cardio fitness class for the more active SilverSneakers® participants who are able to get down on the floor. No chairs used in class. |
| SS Classic | Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity in daily living. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated and/or standing support. |
| SS Circuit | Combine fun with fitness to increase cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers® ball is alternated with low-impact aerobic choreography. |
| Step | Structured movement using a step with adjustable risers offers a workout to get the heart pumping and the muscles stronger. |
| Tai Chi | This ancient Chinese martial art incorporates exercise, meditation & self-defense into a flowing series of gentle movements and postures *Additional fee, sign-up at the front desk prior to class* |
| TaiRoGa® | If you are short on time and want to get an aerobic workout combined with a yoga cool down and a Tai Chi warm-up then this is the class for you! |
| TRX® | A suspension trainer class that challenges you physically through the use of your own body weight. |
| Turbo Kick® | A combination of intense kickboxing techniques, dance moves and high energy choreographed to motivating music. |
| Yoga 1 | This mixed level yoga class improves strength and flexibility through concentrated breathing and stretching poses while focusing on proper body alignment. |
| Yoga 2 | This advanced class improves strength and flexibility by flowing through poses and/or performing more strength based poses. |
| Zumba® | Effective body sculpting movements mixed with easy to follow, fun dance steps, inspired by upbeat Latin music and dance styles. |
| 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 in order to build up your cardiovascular health. |