



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Group Exercise Class Descriptions

Modifications will be offered if necessary. Please speak with instructor prior to class beginning

Yoga/Pilates/Meditation/Stretch

Gentle Yoga Flow	A therapeutic, meditative way to ease in to yoga. By offering modifications and variations this class makes Yoga more accessible to individuals with physical limitations.
PiYo	A unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power, and rhythm.
Power Yoga	A stronger, faster paced class designed to focus on breath & create heat in the body while building strength, flexibility & balance.
Restorative Yoga	The purpose of Restorative Yoga is healing. We use various poses to inhibit stress-response, thus activating the healing and repairing systems for optimal health.
Yoga	A quiet, relaxing class that involves strengthening and stretching the entire body through fluid breathing.
Yoga BACK	An integration of traditional Yoga for different stages of back pain and to maintain a healthy & fit back.
Yoga & Pilates	A combination of yoga and pilates exercises that will improve core muscle strength and overall flexibility. "On Ball" incorporates stability ball work; "TRX" incorporates yoga & core moves on suspension trainer.
Yoga Props	Yoga Props uses accessories to help challenge your body to work past its limitations and find more flexibility.
Yoga for Runners	A quiet, relaxing class that is tailored around runners and the specific muscles that seem to be tense and cause pain.
Yoga SWEAT	An alternative to Hot Yoga with a heat building flowing class format that focuses on Pranayama exercises matches with movements to build and sustain heat naturally.
Strength & Stretch	This Gentle Fitness class is non-impact & will strengthen your muscles, improve your balance & increase your flexibility.
Tai Chi \$	This ancient Chinese martial art incorporates exercise, meditation & self-defense into a flowing series of gentle movements and postures. Experience serenity, balance, strength & flexibility through this life-enriching path of rejuvenation and self-actualization!

Weights/Strength

Core	30-minute workout that uses your bodyweight and a variety of training tools to increase definition and strength in your core.
Fitness Center Circuit	This class meets in the fitness center where the instructor will take you through a circuit that has both cardio and strength. All levels are welcome.
Les Mills BODYPUMP™	A choreographed barbell class, ideal for anyone looking to get the best possible results, in the shortest amount of time.
TRX®	A suspension trainer class that challenges you physically through the use of your own body weight.

Cycle

Cycle	A 45-minute to 1 hour journey where participants control the intensity of their ride. A great "cross-training" option!
Parkinson's Cycle	Parkinson's Cycle at the YMCA improves the quality of life of Parkinson's disease patients and their caregivers. Participants must be 30-75 years old, be diagnosed with Idiopathic PD and complete and submit a signed consent form and medical clearance.

Gentle Fitness

Gentle Fitness	Formatted to improve your function in daily activities by building your stamina, balance, coordination, and strength.
Golden Hearts	A step down from Gentle Fitness. This cardio class focuses on cardiovascular endurance, balance, coordination and muscular strength and conditioning at a slower tempo. Exercise is done both in a chair & on your feet.
Silver & Fit	This class is centered around older adults just getting back into fitness or have a moderate fitness level. This class incorporates cardio, strength, flexibility, and balance while seated.
SilverSneakers® BOOM	BOOM® incorporates 3 different options whether it is muscle, move it, or mind or a combination of them all! There is not a chair class; this is a moderately intense workout for anyone who is ready to kick up their exercise and do more with their body!
SilverSneakers® Classic	A step down from Golden Hearts. This class is designed to increase strength, range of movement, agility, balance and coordination. Participants should improve their functional capacities, physical fitness level and sense of well being.
SilverSneakers® Yoga	This program will allow you to safely perform a variety of yoga postures and positions while using the support of the chair. Move your body through poses that will increase your flexibility, balance and range of motion!
TaiRoGa®	TaiRoGa is a class with a little, Tai Chi, yoga, and aerobics all mixed together for a wonderful but challenging workout!
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.

Dance & Choreographed Cardio

Barre	Connect with components of ballet and dance techniques, yoga postures, functional strength exercises, and cardio training!
Cardio Dance	High-energy cardio with some of the latest dance moves.
CIZE®	Are you ready to step up your dance game, trade in your workout to WORK IT, and shape the body of your dreams? Then it's time to CIZE IT UP!
Dance Fusion	Learn to dance with Dustin Hall with each month featuring a different style. Always a workout with techniques included!
Power Dance	An intense workout that is achieved through a fun and challenging dance style of exercise!
SAKA® \$ Women's	A women's dance fitness program that fuses African, Caribbean, Latin, and international inspired world rhythms and movements. It is high intensity and combines a healthy balance of sensuality and spirituality.
SAKA® 4 Kids \$	Saka® 4 Kids is a unique and proven African, Caribbean, Latin and world rhythms dance fitness enrichment program. It focuses on character development through a Christian world view. Saka® 4 Kids develops the whole child – body, mind and spirit.
Turbo Kick®	Maximize your workout with ab sculpting moves and fat burning cardio set to the hottest dance music.
Zumba®	Combines high energy and motivating music with unique moves and combinations that allows participants to dance away their worries.

Athletic Cardio

Athletic Conditioning	Don't feel coordinated? Athletic conditioning offers easy to follow non-stop speed, plyometric & agility drills. Challenging without complicated moves.
Beyond Quick Start	Go beyond the quick start button in a 30 minute workout using the cardio equipment in the wellness center.
INSANITY®	MAX Interval Training that will challenge you as you alternate between aerobic and anaerobic intervals. You will perform long burst of maximum-intensity exercises with short periods of rest in between.
Kickboxing	Combines the punching moves of boxing and the kicking moves of karate into a high energy, full body workout.
QuickFit	A 30-minute class designed to boost your metabolism with intense aerobic & anaerobic bursts.
Step	A powerful high-intensity step workout with choreographed patterns and some power moves to keep it interesting.
Tabata	This program uses 20 seconds of rigorous exercise followed by 10 seconds of rest repeatedly in order to burn fat in a short, intense workout.
Track Attack	Take your workout to the track! A combination of cardio intervals and free weight conditioning.
Turbo Kick®	Maximize your workout with ab burning moves and fat burning cardio to the hottest music!

