



## GROUP EXERCISE CLASS DESCRIPTIONS

### Effective August 6

**ACTIVE OLDER ADULT CLASSES:** SilverSneaker® classes as well as other classes designed to meet the needs of our active older adult members.

SilverSneakers® Classic	Class is designed to meet the needs of our active older adult members or beginners. Have fun and move to the music through exercises designed to increase strength, range of motion and activities for daily living. Class can be done standing or using a chair for support.
Silver Sneakers® Enerchi	EnerChi is comprised of easy-to-learn, modified tai chi forms. Low-impact movements are practiced in a slow, flowing sequence to progress strength, balance and focus. Chair support is offered to facilitate standing stability and seated exercise options.
Silver Sneakers® Enerchi/Yoga	Move your body through a series yoga poses and Tai Chi forms designed to increase strength, flexibility, balance and focus. Chair support is offered to facilitate standing stability and seated exercise options.
SilverSneakers® Yoga	Class is designed to meet the needs of our active older adult members beginners. Move your body through a series of seated and standing yoga poses designed to increase flexibility and balance.
SilverSneakers® Stability	Class is designed to help participants become stronger and improve balance by using specific movements to increase strength and power around the ankle, knee and hip joints, as well improving reaction time. A chair may be used for balance.
Sit and Be Fit	Have fun while increasing muscle strength and range of motion. Class can be done standing or using a chair for support.
Zumba® Gold	Zumba® at a slower pace, great for beginners or active older adults.
Zumba® Gold-Toning	The Zumba® party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those muscles!

**BEGINNER CLASSES (NEW OR RETURNING TO EXERCISE):** Not sure where to begin? Try one of the following classes designed to teach you the very basics of each movement and get you ready for more.

20/20/20	Ideal for those just getting into exercise, active older adults and anyone that wants to improve their physical and mental health. 20/20/20 is a low-impact class that includes 20 minutes of cardiovascular work, strength and flexibility training.
Beginner Cycle	Beginner class is designed to teach you the very basics of each movement and features an easy ride including a warm-up, 30-35 minutes of cycling and a final stretch.
BOOM®	Ideal for those just getting into exercise, active older adults and anyone that wants to improve their physical and mental health. BOOM improves strength, flexibility and endurance, includes cardiovascular work, strength training and Pilates and yoga.
Cardio/Strength for Beginners	Ideal for those just getting into exercise! Class will include intervals of cardio and strength training with balance/stability work.
Cycle Xpress	Class is designed to teach you the very basics of each movement. Great 30 minute cycle ride.
Gentle Yoga	A gentle yoga class focusing on rest, relaxation, restoration and rejuvenation. Leave class feeling calm, relaxed and peaceful. Poses using the chair are available.
Pickleball	The game combines elements from badminton, tennis and table tennis and is easily learned. Members and the Community are invited to participate against one another in a friendly league of Pickleball competition.
R.I.P.P.E.D.® for Beginners	A total body workout modified for beginners, utilizing resistance and cardio training which combines Resistance, Intervals, Power, Plyometrics, Endurance and Diet Components.
Rock Steady Boxing (Paid program through St. Mary Medical Center)	Led by St. Mary Medical Center, this class is for people with Parkinson's disease. Through a non-contact boxing based fitness curriculum participants will gain strength, coordination and confidence.
Strength Xpress	Total body strength training using weights, bands, stability balls gliders and/or matwork. 30 minute class, great for beginners!
Yoga Xpress	30 minute fitness yoga class to improve flexibility, balance and strength. Great for beginners!

**MULTI-LEVEL:** These classes are appropriate for all levels of participants and offer many modifications to either keep it simple or take it up a notch.

Barre Connect	This fast-paced class will incorporate ballet barre technique, yoga poses, functional strength and cardio conditioning bursts and is designed to improve posture and alignment, strength, mobility, flexibility, balance and cardiovascular fitness.
Cycle/Boot Camp Fusion	Group cycling mixed with Boot Camp drills of cardio and strength training.
Cycle with Strength	Group cycling with some strength and conditioning.
Dance Fitness	A dance fitness class featuring pop, Latin, rock and hip hop music.
Fitness Yoga	Fitness yoga to improve flexibility, balance and strength, classes offered at all levels of ability.
Group Cycle	Indoor cycling at varying pace and intensity, classes are offered at multi-level and intermediate/advanced levels.
HIIT	Cardio and strength training consisting of short periods of high-intensity exercise intervals intermingled with intervals of active recovery.
Pilates Matwork	Core strengthening exercises with a focus on flexibility and posture.
Pilates Reformer Group Class - Level 1 (paid class)	Learn the fundamentals of resistance training using the Pilates reformer.
Pilates Reformer Group Class - Level 2 (paid class)	Build upon the classical Pilates exercises to work toward more challenging movements. Previous Pilates Reformer experience required.
Pilates Reformer with Props (paid class)	Improve strength, flexibility, and mobility with a series of beginner and intermediate exercises using props including the magic circle, jump board, weights, resistance bands and more. Previous Pilates Reformer experience required.

MULTI-LEVEL, Continued...	
Pound®	Use light weight drumsticks and pound to the beat for an energizing, cardiovascular workout. Class is easily modifiable for all workout levels.
R.I.P.P.E.D.®	A total body workout, utilizing resistance and cardio training which combines Resistance, Intervals, Power, Plyometrics, Endurance and Diet Components.
Small Group Person Training (paid class)	Personal Training in a small group setting. Each 45 minute session will use multiple modalities (TRX®, Kettlebell, Kinesis, battle ropes and more!) and meets either once or twice per week in the Personal Training studio.
Step & Sculpt	Cardio on the Step including muscle sculpting with weights and/or matwork.
Strength Training	Total body strength training using weights, bands, stability balls, gliders and/or matwork.
TBC and TBC Xpress	Total body conditioning is an interval-style class designed to improve cardiovascular fitness, muscle strength, and flexibility. Classes are offered at multi-level and advanced levels.
TRX® and TRX® Xpress	TRX® suspension training uses body weight exercise to develop strength, balance, flexibility and core stability simultaneously.
Walking Group*	Enjoy a casual walk with friends. Meet near the stop sign by the UPS store.
Women's Strength	Strength training for women using a variety of props such as dumbbells, bands, mats, stability balls and Steps.
WERQ®	A dance fitness class based on pop, rock and hip hop music.
Yoga	Classes offered at every level to improve flexibility, balance and strength; may include hands on adjustments. Some levels will work toward more challenging poses, Sun Salutations, complex breath work and the yoga philosophy.
Yoga for Athletes	The perfect complement to the exercise routine for weekend warriors, serious athletes or people interested in getting a good, total mind & body workout. This class will offer sports-specific poses for strengthening, stretching, endurance, balance, focus and relaxation.
Zumba®	A high energy cardio class using a variety of dance styles and international music. Zumba® classes are offered at multi-level, intermediate/advanced.
Zumba® Toning	Your favorite Zumba® class with the added benefit of an upper body workout using light weights.
<b>INTERMEDIATE/ADVANCED (READY FOR A CHALLENGE):</b> The following classes are for anyone ready for more of a challenge so you can improve your physical activity level. The movements are more complex, the energy level much higher and experience is highly recommended.	
Boot Camp	Intervals of cardio and strength training using drills and stations.
Circuit Challenge	Class that will offer stations of both strength and cardio exercises. Multiple modalities may be used such as dumbbells, stability balls, battle ropes, TRX® suspension trainers, row machines, rubber resistance, speed bags, heavy bags and more.
Cycle/Kettlebell Fusion	Group cycle class incorporating intervals of strength training using kettlebells.
Cycle/Tabata Fusion	Group cycle class incorporating short, high intensity interval training using the Tabata method.
Cycle/TRX® Fusion	Group cycle class incorporating intervals of strength training using the TRX® suspension trainers.
Cycle with Strength	Group cycling with some strength and conditioning.
Interval Training	Intervals of cardio, plyometrics and strength using weights, resistance bands, gliders, bodyweight and more.
Kettlebell	This small group class will teach the fundamentals of kettlebell training.
Kettlebell/TRX® Fusion	This small group class will focus on strength training using both kettlebells and TRX® suspension trainers.
PiYo®	PiYo® combines the muscle-sculpting benefits of Pilates with many advantages of yoga. A faster tempo means a true fat-burning, low-impact workout that leaves your body feeling long, lean, and strong.
Barbell	Small group barbell training class in a supportive and instructional environment. Learn the basics of power lifting through motivational workouts.
Strength Circuits for Runners*	In partnership with Extra Mile Fitness, this class will offer runners and athletes a day of cross training that will focus on strength training.
Strength Tabata	Strength class incorporating short, high intensity interval training using the Tabata method.
Super Cycle*	Challenge yourself in this 75 minute cycle class and enjoy 15 minutes of flexibility and stretching. Great for endurance.
Tread It*	High intensity interval training on the treadmill followed by 15 minutes of stretching.
Treadmill Intervals*	Participants in this total body conditioning class will alternate drills both on and off of the treadmill.
TRX®/Barbell Fusion	This small group class will focus on strength training using both TRX® suspension trainers and barbells.
<b>YOUTH/FAMILY:</b> The following classes encourage youth to get active while having fun.	
Kids Fitness*	Kids ages 4-10 will have fun while getting fit. A fusion of fitness games and drills, Zumba®, drumming, stretching and more set to energizing music.
Preschool Dance Fusion*	Preschoolers will learn Ballet and Jazz in a fun and imaginative way. Ballet shoes recommended. <b>We ask a parent/guardian to stay with your child in class.</b>
Wellness Center 101 for Youth* (registration required)	Youth ages 10-13 will work with a certified instructor to learn the basics of fitness and exercise using the equipment in the Wellness Center. Youth in this progressive class will become proficient in use of Wellness Center equipment, rules and gym etiquette.
*NOTE: Some classes listed above are seasonal or do not run all year long. Please check the current group exercise schedule for class days and times.	
The YMCA reserves the right to cancel or change a class if minimum participation is not met.	