

YMCA Group Fitness Class Descriptions

| | | |
|-----------------------------|-------------------------|--|
| Pilates (F & T) | All Levels | Enjoy improving your strength, flexibility, balance and coordination in a peaceful atmosphere. Leave the class with a sense of calm energy and well being (and perhaps a flatter tummy). This class is 55 minutes long. |
| Kickboxing (C) | Multit-level | This is a mid to high endurance cardio class. Build up you cardio endurance and help sculpt the arms and legs with the |
| Indoor Cycling Class (C) | All Levels of Fitness | You are sure to get your heart pumping in this high intensity cardio workout. The class is great for building cardio endurance and sculpting the legs. The class is 55 minutes long.. |
| ABS (T) | Multi Levels | This is a 30 minutes class designed to target the core. This class will improve strength in the abdominal area and back. Core strength help prevent injuries. |
| Zumba (C) | Multi-Level | Zumba is a fusion of Latin and International music-dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. It's like a party not a workout. |
| Zumba toning (C & T) | Multi -Level | Its an exciting, Latin inspired, dance 'n tone program. This is the original dance-fitness class taken to the next level. ZUMBA® TONING is an innovative muscle training program with the addition of light weight toning sticks. We provide the 1 1/2 lb, sand filled toning sticks, which are very similar to maracas. In a relatively short period of time, this challenging workout helps in building coordination and |
| ALL Toning classes (T) | Multi-Level | Feel your muscles burn while you reshape your body with weight training. If you want to learn how to use weights and reduce inches you need to take this class. It is 55 minutes long. |
| Active Adults (C,F & T) | Beginner & Older adults | This class is designed to help keep the joints mobile and the muscles flexible. It is 30 minutes of low impact toning and stretching. |
| Beg. Toning (T) | Beginner& older adults | This is the first step you need to start changing your body. With beginner toning you can start slowly and learn how to lift weights, use bands and tubing in a safe and effective class. |
| Teen Zumba (C) | Multi-level | This is for all teens that want to have fun and workout with Zumba. It has all the favorite songs and moves the adult zumba classes have but this class is just for teens. So stop by the Rec.Room and have some fun. |
| Step (C,T) | Multi-Level | Two work outs in one. This class will allow you to have a cardio class and a toning class all in one hour. Easy step moves plus toning muscles make this class an all in one. |
| Yoga (T) | Multi-Level | Beginning Yoga: A class designed to move your whole body through a series of beginning yoga poses to increase flexibility, balance, and strength, while promoting a sense of inner calmness. |
| Super Stretch (S) | Multi-Level | A Stretch class provides your body with a sense of release. If you are feeling tense, sore or want to improve your flexibility then this is the class for you. Stretch class also helps prevent injury, improves circulation and lowers blood pressure. It is appropriate for all ages and all levels of fitness. |
| Street Jazz (C) | Multi-Level | Great new fitness class for anyone who would like to learn how to dance and get fit at the same time! This class combines a mixture of Jazz, Hip Hop, Afro and Latin dance steps to create an energetic workout. Routines are in style of music video clips, choreography is broken down so everyone can learn the routine. Be prepared to sweat, get into fantastic shape and have loads of fun in the process! |

Understanding your classes will help you achieve you fitness Goals

C= Cardio classes are have C's with the description

T= Toning classes designed to sculpt the body

F= Flexibility classes to help keep joint moving and muscles flexible.

S= Stretching