

# **YMCA GROUP FITNESS CLASS DESCRIPTIONS**

**Classes are designed for all fitness levels.**

**Please arrive early if you are new to class.**

**All Levels Yoga:** Focus on synchronizing the breath with body movement & poses. Builds strength, increases flexibility, relaxes & rejuvenates.

**Barre Burn:** Combines Pilates, Yoga & Dance to build strength, increase flexibility and improve coordination for a vibrant healthy body. First half of class will be mat work and second half will be standing and includes the use of light weights.

**Cardio & Strength:** Perfect combination of strength training & cardio to increase endurance & tone the body.

**Cycle:** Simulates an outdoor bike ride-A group experience improving endurance & cardiovascular health while cycling to energizing music.

**Low Impact Aerobics & Toning:** Non-Jumping but at times higher intensity focusing on cardio as well as use of weights and body weight.

**Morning Mix:** Enjoy dance with combinations of strength training and kickboxing for a full body workout.

**Pump n' Core:** Low-Moderate weights with high reps & core training for men/women of all ages/fitness levels.

**Qi Gong:** Moving meditation based on flowing movement, attention to breathing, emphasis on quieting the mind.

**Senior Strength Training:** Designed for Seniors & Beginners who want to strengthen major muscle groups that help perform everyday functional movement.

**Sit n Get Fit:** Various movements and slight cardio from a seated position. Improves strength/stamina/flexibility.

**Strength:** Gain muscle strength using various equipment and body weight.

**Tai Chi:** A form of martial art, practiced for its effective health benefits. Fluid, gentle movements for everyone. Develops muscular strength, flexibility, balance, improves mental focus & contributes to a calm serenity and peace of mind.

**TRX / Suspension Training:** Develops strength, balance, flexibility & core stability SIMULTANEOUSLY, leveraging gravity & your body weight in hundreds of exercises. Work new muscles like never before.

**TRX Bootcamp:** Same as TRX Suspension Training (above) plus combinations of circuit training, interval training and cardio bursts.

**Yoga Nidra:** (Once a Month) Learn deep relaxation with gentle movement to relax the body.



A fusion of Latin and International music featuring interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps.