

## **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.

**Body Fusion:** Blends cardio, strength and stretching.

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

**CV Fitness:** Calisthenics, walking, sit-ups, pushups, stretching & more. A basic traditional workout.

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

**DIO: Dance It Out:** Total body, high energy, cardio dance workout infused with all styles of dance.

**DXF: Dance Xross Fitness:** A comprehensive cardio-interval fitness program that mixes 4 disciplines of movement – dance, kickboxing, strength training and soul line dancing.

**Insanity:** Dig deep & Push past your limits with athletic/plyometric drills mixed with intervals of strength/power/resistance/core training

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

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

**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.

**Total Body Tone Up:** Tone and strengthen with light to moderate weights and high reps; including body weight exercises.

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