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.

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

**Kick Butt Kettlebells**: SWING, SNATCH, PRESS, ROW & LIFT your way to building strength in a unique way using kettlebells.

**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.

**Rowing**: (ON HIATUS) Every stroke will work your calves, quads, hamstrings, glutes, abs, obliques, pecs, biceps, triceps, deltoids, upper back and lats. Improve cardiovascular health working every muscle group in your body.

**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 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.

😊**Zumba**: 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.