

### ADVANCED CONDITIONING



Wake up and chase the burn with this high energy athletic training class using a variety of equipment. Recommended for intermediate to advanced exercisers.

BODYPUMP® is the "original barbell" class that strengthens your entire body and challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

### BARRE

A combination of postures inspired by ballet, Yoga and Pilates. The barre is used as a prop for exercises focusing on isometric strength training (body is still while contracting a specific set of muscles), combined with high reps of small range-of-motion movements. May also incorporate light weights, as well as mats for targeted core work.

### BOOT CAMP

A high energy class with intervals of strength, plyometrics, agility training, and cardio.

### CIRCUIT

This cardio interval class combines cardio moves such as kickboxing, step, and hi-lo moves with muscular strength and resistance work to strengthen every muscle group.

### CIRCUIT TRAINING

Circuit Training is a class designed to move from station to station to complete exercises for time or number of reps, or to complete series of both strength and cardio exercises in a full body circuit workout. This class will provide you with a balanced mixture of cardio and weight resistance while targeting all your major muscle groups.

### CYCLE

A virtual reality bike ride encompassing an all over body and cardiovascular workout.

### FAMILY ZUMBA

With its high energy music and simple dance moves, Family Zumba is the perfect activity for parents and kids. Children and their guardians will have a blast and create memories they will remember forever. Family Zumba will fuel a life-long love of physical activity within kids!

### HIIT

HIIT (High Intensity Interval Training) class offers segments of different types of cardio, strength and core based formats that can change every week. Each segment will be approximately 20 minutes long. If you are somebody who likes variety, then you will love the spontaneity of this class. Fusing together intensity and different types of exercises create intervals and variations that will help you get more fit!

### PILATES

Pilates class is uniquely designed to improve flexibility and strength in a non-impact, balanced system of body/mind control. Core strengthening and conditioning are also an integral part of this class.

### POWER HOUR

Power Hour combines high intensity with functional strength exercises while using various strength equipment. Our skilled instructors will motivate you to get the most out of each minute!

### PUMP

The ultimate class for functional strength. A complete body workout targeting each major muscle group using multiple joint moves, body weight exercises and isolating targeted muscles. Pump is mingled with bouts of cardio and plyometrics. Class includes constant variation to stimulate and recruit different muscle fibers.



RPM is a licensed and choreographed indoor cycling class. The ride is set to the rhythm of motivating music, which takes you on various terrains, all led by a certified and inspiring coach. This ride is sure to get your heart rate up and burn serious calories.

### MUSCLE MAX

Muscle Max is a strength training class which uses weights and your own body weight to maximize your strength and define the muscles of your body. Each muscle group will get worked separately and by the time the class is over, you will have achieved a full body workout. Be prepared to feel strong!

### SENIOR FITNESS

Enjoy a variety of exercises while moving to the music in this chair based program. The class is designed to increase endurance and strength which will assist in easier management of your functional daily routine. Activities include exercise using hand-held weights, elastic tubing and balls plus learning to stretch and relax.

### CHAIR YOGA

Chair yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

### TURN UP DANCE FITNESS

Turn Up Dance Fitness is a HIIT inspired dance fitness class aimed to build muscle strength and endurance in both the upper and lower body while JAMMING OUT to current and throw back Pop and Hip-hop music. This class is for ALL fitness levels.

### YIN/YANG STRETCH YOGA

Yin/Yang Yoga is a strength building, balanced, slow power flow (Yang) practice with longer, passively held (Yin) poses infused to work in the deep, dense connective tissue and joints. Yin/Yang Yoga builds strength, stamina, flexibility and joint mobility. Beginners are welcome and students are encouraged to modify poses to create the experience the need.

### YOGA

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

### SLOW FLOW YOGA



# Downtown Family YMCA Group Exercise Class Descriptions

Effective February 14, 2023

Yoga incorporates energetic movement through a series of yoga postures, by which you will experience a sense of fluid physical motion. Movement through these postures is matched with the breath, creating an even greater sense of flow, strength, ease and tension release.

This slower-paced flow yoga class allows time to explore the postures while cultivating strength, flexibility, balance, and calmness.

Gentle Yoga focuses on wholeness of mind, body, and spirit. Offering an extended warm up, an invigorating gentle flow, and a relaxing deep stretch cool down. Modifications are offered for beginner, intermediate, and advanced practice.

Restorative yoga encourages deep relaxation. Appropriate for all levels and is practiced at a slow pace, with a focus on stillness and restoring natural alignment. Meditation and breathing exercises included to enhance deep relaxation.

Barre Fusion is a dynamic combination of barre, strength training, and flow. The workout is set to upbeat music and includes free weights, barre, optional cardio, resistance bands, balls, and a calming stretch sequence.

Latin inspired dance fitness class that incorporates Latin and international music and dance movements. Faster dance movements such as meringue and reggaeton are alternated with slower movements such as Cuban and salsa.

This class is based on the same dance moves used in the original Zumba class. The Gold class, however, is less intense, with dance routines designed for beginners and older adults using modified movements and low impact. Strength moves accompany the Thursday 10am class. All physical levels welcome!

Low Impact Circuit, a joint friendly total body workout designed for all ages. Weights, bands and balls used during class.

This is an addictive, total-body sweat fest to help get ultra-lean and sculpted muscles – all while having a blast.

Intervals of strength training and athletic conditioning; Uses dumbbells and the weighted bar to increase muscle mass alternating with unweighted metabolic bursts to increase calorie burn. This class is for all fitness levels.

Core training is the foundation of all human movement. This class is designed to improve your posture and build core muscle groups through a variety of exercises designed to strengthen your abdominal and back muscles while increasing your flexibility. Walk taller and feel stronger. May include a variety of equipment.

**WERQ is the fiercely fun dance fitness workout based on pop and hip-hop music.**



Rising Rock CrossFit focuses on the FUN in FUNCTIONal fitness! Each 60 minute class is coach led from start to finish with teaching and cueing throughout warm-ups, skill training, work out of the day (WOD), our high intensity piece, and a cool down. Our coaches are adept at tailoring options appropriate for each individual to help all athletes reach their goals. (\$60/month Individual, \$90/month Couple, \$135/month Household).

Members seeking to add Olympic lifting sessions to their regimen are encouraged to check out the Rising Rock Olympic lifting class. This program offers time to work on the barbell in a small group setting with a USAW certified coach. (\$45/month or included in CrossFit membership).

CrossFit Kids is an exciting and safe way for children to engage in movement. This class will utilize age appropriate activities such as drills, games, bodyweight exercises, and gymnastics. Children will learn the develop skills such as teamwork, critical thinking, and leadership - all while having fun! (FREE to YMCA members)

Powerlifting class is for members looking to improve their squat, deadlift, and bench press, as well as accessory movements for those lifts. Whether you are an experienced competitor or a beginner athlete, our highly qualified coach will help you safely maximize your strength potential. (FREE to YMCA members).



A class for effort. Whether you are a beginner or a seasoned athlete looking for some competitive advantages we will be using proven strength and conditioning protocols to set personal records. All levels of fitness are welcome. (\$45/month or included in CrossFit membership).