



GROUP EXERCISE CLASS DESCRIPTIONS

DOWNTOWN FAMILY YMCA

Effective
5/15/2024

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.

AFTER BURN

After Burn uses HIIT training to give you a greater level of fitness, transforming your body into a calorie-burning furnace. This class welcomes all fitness levels and is coach-led, using a combination of cardio and strength equipment. (Located in the PIT/CrossFit Gym)

LES MILLS BODY PUMP

BODY PUMP® 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.

TAI CHI

A practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.

GROOV3

Dance, Sweat and Live your best rock star life in this choreography based dance class. Featuring a non-stop, calorie slaying DJ set, you will leave GROOV3 empowered, recharged and ready to star in your own music video. Choreography rotates every three weeks so that you have time to really rock it. All ages. All levels.

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.

ZUMBA TONING

Zumba Toning combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a calorie-torching, strength-training fitness party.

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.

LES MILLS RPM

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.



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THERAPEUTIC MOBILITY

From tight necks, cranky hamstrings or the many other areas that can hinder mobility, explore common areas of tension with passive and active ranges of motion.

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

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.

SLOW FLOW YOGA

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

GENTLE YOGA

Gentle Yoga is designed to revitalize your body, relax your mind, increase energy, and reduce stress. For beginners; people with back, joint, or heart problems, or experienced students who want a slower paced, less strenuous class.

RESTORATIVE YOGA

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

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.

ZUMBA®

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.

ZUMBAGOLD/ ZUMBA GOLD EXPRESS®

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

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

TURBO KICK

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

TOTAL BODY CONDITIONING

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 & MORE

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

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

TRX

This workout includes challenging total body strength circuits using the TRX straps, weights, and cardio moves.



OLYMPIC LIFTING

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. (FREE to YMCA Members).

CROSSFIT KIDS

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. (FREE to YMCA Members).

EFFORT

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)

CROSSFIT LEGENDS

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. (FREE to YMCA Members).

CrossFIT Legends, designed for ages 50 and up. Training for movement and mobility first, CrossFit second. All fitness levels welcome.