



# GROUP EXERCISE DESCRIPTIONS

We have something for everyone! Classes open to ages 13 and older. However 10 -12 years can participate in adult classes if accompanied by an adult. Please see our youth group exercise classes on the reverse side for classes appropriate for youth under 13 years old.

## LAND-BASED CLASSES:

### **CARDIO BASED CLASSES:**

**INDOOR CYCLING:** Improve cardio fitness while you tour flat roads, climb hills, sprint and race through varied terrain in this self-paced cycling workout.

**RHYTHM RIDE:** Ride to the beat of the music in this fast paced indoor cycling class! Instructors use strength conditioning moves and weights to work your upper body, while your legs are getting a workout with a challenging ride.

**ZUMBA:** Routines feature interval training where fast and slow rhythms are combined to sculpt the body, burn fat, and make exercising fun.

**ZUMBA GOLD:** is the same amount of fun, with low impact on your joints!

### **STRENGTH & CARDIO COMBO CLASSES:**

**CARDIO FUSION:** Is a fun, full body workout that will hit those spots you want to work on and the ones you didn't know you had! Using super circuits of cardio and strength moves you'll sculpt your way to your best.

**FIT HAPPENS:** High energy whole body conditioning combining strength, cardio, upper body, and core.

**HIFT INTERVALS:** High Intensity Functional Training. This interval class will increase your cardio endurance, tone and burn calories with fun and fast-paced boot camp style exercises.

**HIIT IT:** High Intensity Interval Training at it's best; fast paced circuit workout incorporating weights, core training, and cardio to increase speed and power.

**INSANITY:** Uses high intensity intervals to give participants a challenging, and results-driven experience. Recommended for the intermediate to advanced exerciser.

**PUMP:** Build your strength and stamina with this progressive full body workout using body bars, tubing, and dumbbells for your upper body and incorporating the STEP to develop your lower body strength. All fitness levels welcome!

**ROCK BOTTOM:** Are you ready to transform your lower body? This unique lower body conditioning class will help you build strength, endurance, and flexibility. Class focuses on the legs, glutes and those "hard to reach" places.

**SENIOR FITNESS:** This class combines warm ups and full body exercises followed by standing core work and ending with balance and a cool down. This class is perfect for the senior population, those with previous injuries, new to exercise, or needing low impact.

**TABATA:** Get ready to sweat! Increase your cardio endurance and burn calories in this fun, fast paced, high intensity interval class. Interval moves will be alternated with periods of rests. Recommended for the intermediate to advanced exerciser.

**TRX BODY SCULPT:** Using a suspension system this class will use your own body weight to improve strength, balance, core, and flexibility simultaneously.

**WOMEN'S HEAVY LIFTING:** Gain muscle and improve your shape and curves! This class is different than most group classes. Rather than doing a lot of reps with light weights, this class meets in the weight room where participants lift heavy weights for fewer reps. Recommended for the intermediate to advanced exerciser.

### **MIND/BODYCLASSES:**

**PILATES:** Experience this unique body conditioning routine that seeks to build flexibility, strength, endurance, and coordination; will sculpt and strengthen the core

**PILATES/YOGA:** Merging yoga and pilates together to help you develop core strength, tone muscles, increase flexibility, and help reduce stress.

**PIYO:** PiYo isn't like standard pilates and yoga where you hold the poses, or do lots of small conditioning movements. PiYo speeds everything up, including your results by introducing you to dynamic, athletic, and music driven flowing sequences.

**SENIOR STRETCH:** Simple stretches and exercises using a chair for support and stability. Low impact movement and guided relaxation. Great for those with limited mobility.

**YOGA:** Our general yoga class helps improve flexibility, strength and balance while enhancing your posture, coordination and mental focus and is open to all fitness levels.

**BUTI YOGA:** Sculpt your full body with this fast paced yoga practice fused with plyometrics, dynamic movement, and deep core engagement! Suitable for teens and intermediate to advanced exerciser.

**GENTLE OR BEGINNING:** a less intense class, useful for those who are not as flexible or new to yoga.

**POWER YOGA:** is a vigorous, fitness-based approach to Vinyasa-style yoga focused on flexibility and strength. Recommended for the intermediate to advanced yoga student.

**PRENATAL YOGA:** designed for pregnant mamas, to ease the strain of pregnancy and prepare you for birth and healing well after your pregnancy.

### WATER BASED CLASSES:

**AQUA AEROBICS:** An energetic and invigorating class that combines aerobics, strength and flexibility training for a total body workout.

**AQUA ARTHRITIS:** This program includes exercises to improve the participant's overall function and performance of daily tasks, mobility, gait, flexibility, balance and coordination. Low intensity endurance such as walking is included to prevent chilling.

**AQUA PILATES:** This class relies on the resistance, buoyancy, and gentle movement of water to stabilize core muscles, increase flexibility, balance and strength.

**AQUA HIIT:** a 45 minute class with challenging intervals to raise your heart rate, increase your endurance, and improve your strength.

**AQUA ZUMBA:** Aqua Zumba makes exercising seem like a pool party! Using mostly Latin music rhythms such as merengue, cumbia and salsa, Aqua Zumba incorporates dance and fitness moves and makes it fun for anyone who wants to exercise in the water.

**H2O POWER HOUR:** Discover an invigorating and energetic aqua aerobics class! This extraordinary class will challenge your cardiovascular endurance levels and includes emphasis on muscular conditioning. (Interval training is incorporated into Thursdays' class with 4:1 cardio/active rest intervals). This class is recommended for intermediate to advanced participants.

### YOUTH GROUP EXERCISE:

Our youth group exercise classes are fun and appropriate for kids under 13 years old. You are welcome to sign in your children and enjoy a workout of your own! Youth ages 13 and older are welcome in all of our group exercise classes.

**FAMILY KICKBOXING:** A great mix of cardio conditioning, self-defense, important kickboxing techniques and best of all, fun! Younger participants are welcome with an adult. Bringing your own equipment is not required but bringing workout gloves is recommended.

**GYMNASTICS:** Participants get moving and have fun while learning basic, age-appropriate skills and drills on floor, beam, bar, spring board, strength and conditioning skills and games. PARENT AND ME GYMNASTICS: Parents and instructors work together to help our little ones learn, grow, and thrive. GYMNASTICS/DANCE: Twirl and thrive in this fun and upbeat class for girls where gymnastics meets dance.

**KIDS COOKING:** Fashioned to help children from the ages 5 – 12 to develop healthy habits they will carry with them throughout their lives. Children gain daily life skills through chopping, measuring, cleaning up and tasting their creations.

**KIDFIT:** This class is focused around games and exercises that show kids that exercising can be fun! It gets young kids moving, increases lung capacity, burns fat, and increases flexibility and balance.

**LIL CHEFS:** A fun and educational cooking class for ages three to five. Kids will participate in food preparation and will learn skills like cooperation, following directions, shapes, motor skills, sensory exploration, health and safety in the kitchen so much more.

**MUSIC & ME:** Music Programs at the Y stimulate personal growth, creative expression, and skill development through hands on learning. This class incorporates movement while introducing music to children.

**OPTIMAL WEIGHT TRAINING:** An informal group located in the weight room with personal trainer Dale Maynor focusing on weight lifting and proper technique. 10+ years. Families encouraged.

**STEAM:** This class allows children to discover, explore and create with a weekly focus of: Science, Technology, Engineering, Art and Mathematics