



# GROUP EXERCISE DESCRIPTIONS

Enjoy more than 140 group exercise classes each week. There is something for everyone. Classes open to ages 13 and older. 10 -12 years need to be 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:

**ARM-AGGEDON:** This targeted workout will define and strengthen your arms, as well as your abs and glutes. A great complement to the Butt-Apocalypse class.

**BUTT-APOCALYPSE:** Bounce into a well-rounded, gravity defying “tush” workout from beginning to end. Best. Butt. Workout. Ever.

**CORE:** Designed to develop strength and stability in the transverse and rectus abdominis, oblique and lower back muscles.

**DRUMS ALIVE:** A dynamic cardio class based on the whole brain-body concept by developing both sensory motor reflexes and kinesthetic awareness using drumsticks and rhythm balls set to loud pulsating music. All levels welcome.

**HARD WORK CONDITIONING:** Challenge the routine, push your body, feel the results with this conditioning class that combines unique and effective strength training with intense cardio intervals. It is fun, friendly and tough. Recommended for the intermediate to advanced exerciser.

**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.

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

**INSANITY:** This workout uses high intensity intervals and has been designed to give participants a safe, challenging, and results-driven experience. Recommended for the intermediate to advanced exerciser.

**INTERVAL:** Boost your energy and endurance with bursts of high intensity cardio work, alternated with periods of lower intensity, muscle-conditioning activity.

**KETTLEBELLS & CONDITIONING** Get stronger, leaner & fitter than ever with this NEW HIIT style class combining basic Kettlebell movements, bodyweight training & cardio intervals to deliver an incredible full body workout! Recommended for the intermediate to advanced exerciser.

**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 classes that make you hold long, intense poses, or lead you through dozens of repetitive, microscopic core movements. PiYo speeds everything up, including your results by introducing you to dynamic, athletic, and music driven flowing sequences.

**PUMP:** Build your strength and stamina with this progressive training workout using body bars, tubing, and dumbbells for your upper body and incorporating squats, lunges, and step-ups to develop your lower body strength. We focus on all major muscle groups to keep you feeling balanced and strong. All fitness levels welcome!

**R.I.P.P.E.D:** Is everything you need in a work out. Combining **R**esistance training, **I**nterval work, **P**ower, **P**liyo, **E**ndurance, and **D**iet. 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 STRETCH:** Simple stretches and exercise using a chair for support and stability. Low impact movement and guided relaxation. Great for seniors and those with limited mobility.

**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 INTERVALS:** 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.

**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 is held in the weight room where participants lift heavy weights for fewer reps. Recommended for the intermediate to advanced exerciser.

**YOGA:** The Y offers a variety of yoga classes for all fitness levels. Our basic yoga class helps improve flexibility, strength and balance while enhancing your posture, coordination and mental focus and is open to all fitness levels. The gentle or beginning yoga is a less intense class, useful for those who are not as flexible or new to yoga. The Y's advanced class is a challenging workout recommended for experienced yoga students. 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.

**YOUNG AT HEART:** Low impact aerobics, weight-bearing and lower body exercises. Geared to the "above 39" age group or for those needing a slower paced class.

**ZUMBA:** Routines feature interval training where fast and slow rhythms are combined to sculpt the body, burn fat, and make exercising fun. Zumba Tone involves an innovative muscle training protocol with the addition of toning sticks. Our Low-Impact Zumba is the same amount of fun, with low impact on your joints!

### **AQUA AEROBICS:**

**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 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.

**AQUA PILATES: AQUA AEROBICS:** This class relies on the resistance, buoyancy, and gentle movement of water to increase flexibility, balance and strength. Aqua Pilates focuses on stabilizing the body's parts through the core muscles.

### **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.

**DANCE EXPLOSION:** This fun and engaging dance class will teach your child a mixture of hip hop, ballet, tumbling, jazz and creative movement. Fun and popular children's music will be played and children will learn to count music and recognize the rhythm in addition to learning how to dance.

**FAMILY HIP HOP:** Are you looking for a way to funk up your Friday family night? This class will get your entire family moving. She will break down fun and easy movement with a hip hop twist.

**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.

**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, increases flexibility and balance.

**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.

**YOUTH YOGA:** This class is a perfect introduction to yoga. A great way for families to relax and slow down the pace after a long week.