

## YMCA Health and Wellness CLASS DESCRIPTIONS

**Boot Camp (All fitness levels)** – Get the most out of your exercise time by taking this aerobic and anaerobic interval class. Everyone is encouraged to work at their own energy level.

**Butts & Guts (Beginning to Intermediate)** – A 30 minute workout focusing entirely on the abdominal and gluteus muscles.

**Cardio Kick-Boxing (Intermediate to Advanced)** – A dynamic, high energy, low/high impact aerobics class combining self defense moves with fun choreography that strengthens upper body with punches, jabs, and variations of kicks.

**Extreme Butts & Guts (Beginning to Advanced)** – An hour long workout incorporating lunges, squats, etc. 1<sup>st</sup> half hour standing work; 2<sup>nd</sup> half hour is mat work.

**Hard Work Conditioning** – This class tackles every trouble zone by combining unique and effective strength training with intense cardio intervals.

**Indoor Cycling (All fitness levels)** – Cardiovascular workout on a stationary bike, emphasis on lower body.

**Karate & Ninjas in Action** – Class descriptions and registrations available at the Front Desk.

**Pilates (All fitness levels)** – This mat class focuses on the core of your body by working the small stabilizing muscles of both the abdominals and back.

**Power Yoga (Intermediate to Advanced)** – Challenging & rigorous, designed to increase strength, flexibility and release tension. Yoga to the max.

**Pump (All fitness levels)** – A progressive strength training workout using body bars, tubing, and dumbbells while incorporating squats, lunges, and step-ups to develop lower body strength. All major muscle groups will be targeted.

**Yoga (All fitness levels)** – Challenging, yet relaxing for your body and quieting to your mind, simplified and de-mystified basic principles of Yoga.

**Yoga/Pilates (All fitness levels)** – The strength training of Pilates meets the flexibility training of Yoga. Class is sure to be both a challenge and a stress reliever.

**Yoga with Elena (Intermediate to Advanced)** – Ashtanga yoga is a series of set poses linked by flowing movement. Class is vigorous and challenging, expect to perspire. Poses can be advanced and held for long durations. Room temperature kept at 70 - 71°F.

**Young at Heart (Beginning to Intermediate)** – Easy to follow low impact aerobics for a half hour followed by a half hour of weight, lower body, and abdominal work. Geared to the “above 39” age group.

**Zumba (All fitness levels)** – Routines feature interval training where fast and slow rhythms are combined to sculpt the body, burn fat, and make exercising fun. Add some Latin flavor and international zest to the mix, and you’ve got Zumba!

**Zumba Gold!** This is designed to be a little easier, but still a whole lot of fun! All ages and abilities are encouraged to experience the various exciting Latin rhythms. Class typically concludes with use of tube bands to help strengthen and tone upper body and abs.

**Zumba Tone (All fitness levels)** – Taking Zumba dance fitness to the next level, utilizing an innovative muscle training protocol and the addition of light weight toning sticks or dumbbells.