



# GROUP EXERCISE DESCRIPTIONS

Enjoy more than 100 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. For youth under 13 years old please see our youth group exercise classes on the reverse side.

## LAND-BASED CLASSES:

**CYCLING (SPIN):** 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.

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

**GROUP POWER:** A results-driven weight lifting class using a barbell, plates, and body weight. Get ready to get muscle and movement strong.

**WEIGHT TRAINING INTERVALS:** Challenge the routine, push your body, and 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.

**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.

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

**TABATA:** Get ready to sweat! Increase your cardio endurance and burn calories in this fun, fast-paced, high-intensity interval class. Recommended for the intermediate to advanced exerciser.

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

**FULL BODY STRENGTH:** 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.

**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.

**POUND:** A 45-minute group fitness class that combines cardio, strength training and Pilates with drumming to achieve a full-body workout. Using lightly weighted drumsticks, Ripstix™, participants can expect to burn between 500-900 calories per class and will be performing over 15,000 reps per session!

**STRENGTH FOUNDATIONS:** Learn the basics of weight training. With an emphasis on proper form, function and safety, you will gain strength and confidence during this 45-minute class. Recommended for beginners and those looking to improve their form.

## YOGA:

**YOGA:** Helps improve flexibility, strength, and balance while enhancing your posture, coordination, and mental focus and is open to all fitness levels.

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

**INTERMEDIATE YOGA:** A challenging workout recommended for the more experienced yoga students.

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

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

**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.

**BARRE:** A workout technique inspired by elements of ballet, yoga, and Pilates. It focuses on low-impact, high-intensity movements designed to strengthen your body in ways that few other workouts can.

**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.

**YOGA FOR STRESS:** This class will focus on relieving stress, tension, and anxiety through connection to breath, meditation, and practicing non-judgment of ourselves and others. This class will help to counter your stress response system and provide tools and techniques to manage stress.

### **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.

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

**AQUA FUSION:** If you like variety, this class is for you. A little bit of Latin dance, a little bit of interval training, a little bit of Pilates. Fresh and fun every day.

**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.

**POUND JR:** A youth-oriented program that uses lightly weighted drumsticks and fuses movement and music to improve focus, coordination, physical fitness, and teamwork skills.

**ZUMBA JR:** Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps and add games, activities, and cultural exploration elements into the class structure.

**TEEN STRENGTH:** Placing a high priority on education and motivation, this class encourages teens to take a positive and sensible approach to their strength-training program, gaining muscle strength, developing proper form and technique, finding personal success, and having fun.

**FUN AND FIT:** This class is geared towards youth 6-10 years old and 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.

**DISCOVERY PLAYGROUP:** Introducing to and familiarizing children with the idea of a classroom in an engaging way through music, movement, crafts, and reading. It's gentle and fun, perfect for ages 2-5!

**MUSIC AND ME:** Music Programs at the Y stimulate personal growth, creative expression, and skill development through hands-on learning. This parent/child class incorporates movement while introducing music to children and creating a fun connecting experience for you and your child.