

Group Exercise Class Descriptions

EAST AREA FAMILY YMCA

All classes are offered at no cost to YMCA members. See class schedule for class times and instructors.

Active Movers: Class blends low impact cardio exercises with strength training and balance. This class provides everything older adults need to maintain a healthy, active lifestyle.

Awesome Abs: 15 minute class consisting of abdominal and low back exercises.

Booty Barre: This workout fuses techniques from Dance, Pilates, and Yoga that will tone and define the entire body.

Chair Yoga: This class provides stress reduction, increases muscular strength, flexibility and endurance. You will be moving your body through a complete series of seated and standing yoga poses utilizing a chair. Final relaxation promotes stress reduction and mental clarity.

Enhance Fitness: Group Exercise Program that uses simple, easy-to-learn movements that motivate individuals with arthritis to stay active throughout their life. Class consists of light cardio movement, strength training, dynamic and static balance moves and flexibility. Please register for this 16-week class at the front desk (free for Y members).

Focus on Fitness: Strength training for the active senior. Hand weights, elastic bands, small balls for gripping, are used for resistance. Chairs may be used for seated/standing support.

Forever Strong (AOA): This class utilizes various equipment, such as hand weights, resistance tubing, body bars, and stability balls for the Active Older Adult, or those just resuming exercise.

Gentle Yoga: Allows you to complete traditional yoga poses at a slower pace and with modifications as needed. Improved breath, flexibility, and strength are the goals, with fewer up & down transitions onto the mat or chair. Perfect for beginners or those looking for a more relaxed and laid back workout.

Healthy Back: Designed to improve the strength of the core muscles (abs, low back, glutes and hamstrings) to protect and maintain a healthy back.

H.I.I.T. Training: High Intensity Interval Training. Cardio and strength training intervals combine for a total body workout. Equipment varies.

Intro to Yoga: Slow gentle postures and movements. Emphasis is on breathing, balance, strength and flexibility. (You may use a chair)

Les Mills Body Combat: A martial arts based workout. It incorporates boxing, karate, TKD, Tai Chi, Muay Thai, etc... This is a high intensity workout.

Les Mills Body Combat Express: 45 minute Body Combat class emphasizing cardio.

Les Mills CXWORX: A 30-minute core class designed to strengthen the abs, glutes, back, obliques and "slings" connecting the upper and lower body.

Moving for Better Balance: An eight-week Tai Chi program, focusing on "falls prevention." Balance skills and good body alignment are emphasized by using flowing movements.

Morning Stretch: A series of seated and standing stretches. Yoga type breathing is incorporated to encourage relaxation.

NIA: This mind-body workout fuses martial arts, dance, and yoga movements. It is designed to quiet the mind, improve posture, enhance body awareness and cardiovascular fitness.

POUND: Each participant uses lightly weighted drumsticks, "ripstix," to transform drumming into an effective workout. Combines cardio, conditioning and strength training, with yoga and Pilates inspired movement.

R.I.P.P.E.D.: Resistance, Interval, Plyometrics, Power, Endurance, (Diet). A cardio interval format. Weights are used. Great music.

Total Body Strength: Simple but challenging movements utilizing barbells, free weights and a variety of equipment that can be adjusted to your fitness level. Instructor will use movements that are simple to ensure safety and effectiveness. This class will target all major muscle groups.

3-2-1 Body Blast: Warm up, followed by intervals – 3 minutes Strength – 2 minutes Cardio – 1 minute Abs, followed by a cool down and stretch.

TurboKick: A high intensity class combining martial arts and dance moves, set to great music. Finish with legs, abs and stretch.

Vinyasa Yoga: This class combines movement and breathing to maximize the flow of energy through Vinyasa poses. Focus on challenging the body through stretching, relaxation and breathing while holding postures. Flexibility, strength and muscle tone improves spirit/mind/body as they work together in harmony.

WERQ: Cardio dance fitness class based on current pop and hip-hop music. Easy to follow. For all levels.

Yoga: Challenges the body and mind through strengthening, stretching, relaxing, and breathing. Flexibility, strength, and muscle tone will continually improve as your mind, body and spirit work together.

Restorative Yoga: Typically involves fewer poses, supported by props that allow you to completely relax and release deep fascia and muscle tension. Held for a few minutes, restorative poses include gentle opening poses to leave you feeling rested and renewed.

Yoga Fit: Begins with conscience breathing techniques to calm the body and mind to prepare for class. Gentle warm-up stretches lead into a variety of yoga postures to challenge the body through stretching, relaxation and breathing while moving into postures. Flexibility, strength and muscle tone improves as students flow from one pose to the next in a quick 55 minute workout.

Yoga for Kids: (ages 5-12) Children will learn a variety of techniques and exercises to help them relax, build strength, increase flexibility and improve coordination.

Yogalates: A fusion of Pilates and Yoga. Strengthen and stretch utilizing a mind/body connection.

Zumba: The instructor will lead you through a variety of Latin and international dance moves. Great music and motivating "party" atmosphere. This is a cardio class.

Zumba Gold: Low impact Zumba.

Zumba Toning: This is the original dance fitness class taken to the next level. An innovative muscle training program with the addition of toning sticks. This class will help build coordination and muscle endurance.