



GROUP FITNESS CLASSES



NORTH AREA FAMILY YMCA

AWESOME ABS

15 minute class consisting of abdominal and low back exercises.

BARRE (barefoot class)

A modern, challenging and safe barre class that sculpts your body while providing a calorie-burning cardio workout set to an up-tempo fun mix of music. This class targets specific muscle groups through repetitive movements. It incorporates weights, therabands, exercise ball, and the ballet barre to build core strength while developing long, lean, flexible muscles. Participants may go barefoot or wear socks. Mats are provided; however you are encouraged to bring your own if you prefer.

CARDIO ENDURANCE

This high-intensity class will improve endurance and increase stamina using various interval styles to challenge your cardiovascular system.

CARDIO KICKBOXING

This high-intensity, high energy class incorporates an interval training routine with kicks, jabs and punches with short bursts of moderate to high-intensity cardio moves.

BOOTCAMP (ages 12+)

A warm up is followed by cardiovascular and intense strength training intervals employing calisthenics and/or body conditioning exercises such as running, walking, lunges, squats, etc. Class concludes with abdominal work and flexibility moves.

LES MILLS BODYCOMBAT™ (ages 12+)

Unleash your power in this invigorating cardio workout. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you can strike, punch, kick and kata your way through calories to superior cardio fitness. Like all Les Mills™ programs, a new BODYCOMBAT™ class is produced every 3 months with fresh music and choreography.

H.I.I.T

High intensity interval training. Cardio and strength training intervals combine for a total body workout. Equipment varies.

TOTAL BODY STRENGTH

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

ZUMBA® (ages 12+)

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® TONING (ages 12+)

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

ALL of our Group Fitness Classes are FREE for members.



MIND / BODY

FITNESS YOGA

This class, in addition to implementing stretches, offers more strenuous muscle building exercises such as squats, lunges and upper arm toning as well as providing the meditative benefits of traditional yoga. Fitness yoga offers an increased physical workout.



GENTLE YOGA

Allows you to complete traditional yoga poses at a slower pace with modification as needed. Improving breath, flexibility and strength are the goals, with few ups & downs onto the mat. Perfect for beginners or those looking for a more relaxed and laid back workout.

PILATES

Develop lean muscles, balance flexibility, coordination of the mind and body, working the core muscles (abdominals, low back and glutes) through a series of choreographed movements that are done on a mat. This exercise program will leave you feeling relaxed and invigorated.

TAI CHI

An ancient regimen of slow, graceful, balletic movements often called moving meditation. A low impact exercise in which movements are coordinated with breathing so you can focus on dynamic changes in balance, flexibility and muscular tension. The meditative nature of Tai Chi exercise is calming and has been shown to benefit the cardiovascular system as well as posture, strength and balance.

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 posture. Flexibility, strength and muscle tone improves spirit/mind/body as they work together in harmony.

RESTORATIVE YOGA

Class combines self-care techniques, gentle & supportive poses, conscious breathing and meditation. Deep restorative work stretches and opens the body, many improve posture, range of motion and joint mobility. Use of blocks, straps and the wall.

CYCLE

CYCLE

An exciting indoor cycling class that utilizes innovative sports technology, guided imagery, visualization and other motivational techniques to prepare both the mind and body for ultimate performance.

SPIN & STRENGTH

Get your full day's cardio and strength workout all in one. Class starts with a great cycle ride and finishes off with strength conditioning for muscle endurance.

LES MILLSTM RPM

Ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. An RPM™ class is released every three months with new music and choreography.



ACTIVE OLDER ADULT

ACTIVE MOVERS

(formerly cardio strength & functional gold)

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

FLEX & BALANCE

A unique program incorporating effective balance and stretching exercises to improve balance, strengthen heart and legs, and improve coordination and posture - all while having FUN.



HEALTHY BACK

Designed to improve the strength of the core muscle to protect and maintain a healthy back.

OPEN GYM FOR WALKERS

Walk at your own pace and enjoy conversation with other participants as you exercise.

FOCUS ON FITNESS (formerly AOA Classic)

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

CHAIR YOGA (formerly AOA Yoga)

Class provides stress reduction, increased muscular strength, flexibility and endurance. Moving your body through a complete series of seated and standing yoga poses while utilizing a chair. Final relaxation promotes stress reduction and mental clarity.

ZUMBAR® GOLD

This class will focus on dynamic cardiovascular exercise, strength training, balance and flexibility - everything older adults need to maintain health and function as they age.

ZUMBAR® GOLD TONING

This routine is tailored for active older adults who want to focus on muscle conditioning and light weight activity.