

# GROUP FITNESS CLASS DESCRIPTIONS

## Aqua Fit

If you are looking for a good all-around form of aerobic exercise, try Aqua Fit, the ultimate in water fitness. This is a 60 minute class combining cardiovascular and resistance training in the pool. Great for beginning to intermediate level exercisers and those looking for a workout with minimal impact.

## BODYPUMP

BODYPUMP is hailed as the fastest way in the universe to get in shape; a strength and endurance class where muscle & music collide! Low on complexity, BODY PUMP has all of the benefits of traditional weight training combined with time efficiency and predictability. EVERYBODY is successful in BODYPUMP.

## BODYCOMBAT

This fiercely energetic program is inspired by martial arts and draws from a wild array of disciplines such as karate, boxing, taekwondo, tai chi, and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness. Only offered at John P. Thayer YMCA.

## Cardio Mix

Interval training and strength exercises make up this cardiovascular workout. This 45 minute upbeat workout will help improve your overall fitness and lead you to a healthier lifestyle. Easy to follow choreography. Designed for every fitness level.

## CC 30/30

Thirty minutes of cardio followed by thirty minutes of core. Only have 30 minutes? Choose your half, Cardio or Core! The Cardio portion will use a height-adjustable bench. A mix of simple movements and high intensity intervals will create a fitness training experience to enhance your cardio endurance. The Core portion will be quick and effective to improve strength and stability as well as balance and coordination. All levels are welcome.

## pilates

Pilates utilizes dynamic exercises to get more control over your body, streamline your mid-section and work out some of the stresses of everyday life and exercise. Pilates will help improve lung capacity, improve balance, increase athletic focus and enhance coordination.

## rpm

RPM is an indoor cycling program for developing cardiovascular capacity. Burning up to 700 calories in a single 45 minute session, RPM is a favorite of those wanting to reduce body fat. RPM provides a fast improvement in general endurance and an increase in lower body strength. Express is a 30 minute format; great for beginners or if you are short on time.

## SH'BAM™

A fun-loving, insanely addictive dance workout. SH'BAM is an ego-free zone - no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower - even if you walk in thinking you can't, you'll walk out knowing you can!

## Silver Sneakers CARDIOCIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

## Silver Sneakers MSROM

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

## YOGA

Build flexibility, strength, grace, and precision. Leave yourself feeling centered and calm. Studies show that the practice of Yoga can lower your resting heart rate, your VO2 max and lower your blood pressure. Yoga will help free you from mental distractions, allowing you to increase your mental awareness. It develops focus, concentration, patience and determination.

**CARD**

Any classes that are labeled with the CARD logo require participants to get a class card at the front desk to participant. Cards are given out 30 minutes prior to class start time.



Any classes that are labeled with the FAMILY FRIENDLY logo are open to participants 10 years of age and up in which youth ages 10-14 must be accompanied by an adult. Any classes that do not contain the FAMILY FRIENDLY logo are designated for participants 15 years of age and up.

**The YMCA reserves the right to ask anyone to leave class who is disruptive to the class environment or the other participants.**