

GROUP FITNESS CLASS DESCRIPTIONS

30/30/30: Get your cardio, muscle toning AND deep stretch in this class. 30 minutes of each. All levels welcome.

Abs & Ups: This 15-minute class will target the abs and chest! Core work, push-ups, crunches, and more! A great addition to any workout.

Aerobics: This class combines traditional high and low impact aerobics for a great workout. It is the perfect class for all fitness levels. Be ready to sweat!

Advanced Step: This step class is designed for experienced steppers. It may contain challenging combinations and patterns. The class may move at a faster pace and combinations may not be broken down to a beginner level. Participants should be comfortable with multiple cues.

Ashtanga Vinyasa Yoga: A set series of poses done each class in a vigorous, flow style. Concentration will be placed on synchronizing the breath with each posture to generate internal heat for deeper stretching. Participants should have some basic knowledge of yoga.

Athletic Aqua: It's Sports Conditioning in the water! Give your joints a break and try something new. All levels welcome.

Balance & Fall Prevention: Join Kathy for this 30-minute class on Wednesdays at 11:00 a.m. in September. A great addition to any class. You will work on your core strength and balance to help prevent falls/injuries.

Beginning Cycle: Learn how to set up your bike and take a basic "ride" in this class.

Beginning Pilates: Learn the fundamentals of Pilates, such as "neutral pelvis" and proper breathing techniques.

Beginning Step: This class teaches basic step terminology as well as proper stepping technique.

Beginning Yoga: The purpose of this class is to introduce students to yoga. Students will gain strength, balance, and flexibility through specific standing, seated and balancing postures. Each class will end with relaxation.

Beginning Zumba: Come learn basic Latin dance moves in this class. No previous dance experience required, but if you like to dance, Zumba is for you!

Belly Dancing: Work your abs, improve your cardiovascular fitness, and have fun in this great new dance class! All levels welcome. Coin belts optional (we provide). No previous dance experience required.

Body Power: This ultimate full body workout uses hand weights, the Step, and bands as well as intense and explosive movements to increase muscular strength, endurance, power, and flexibility. Non-stop movement with 100% intensity, 150% sweat, and unlimited fun! It will feel like a cardio workout, but it's not!

Bosu: Try the newest craze in the fitness industry! The Bosu balance trainer is specifically designed to integrate balance into every aspect of fitness. This class may incorporate everything from sports conditioning and step to core strength and mind/body workouts. The Bosu, which is a dome-shaped ball, makes any exercise fun, challenging, and effective. Give it a try!

Cardio Sculpt: Cardio and weight training—the perfect combination! Some people ask, "Which is more important, cardio or weight work?" The answer is both! You need the combination of aerobic and strength training for overall fitness. Join us for a full and fun-packed workout!

Chair Yoga: See above description of our Beginning Yoga. However, this class adds the "prop" of a chair. Chair poses will be very beneficial for the elderly, people who sit in the office all day long, and those who have limited range of movement and/or are unable to move up and down easily. You will participate in this class with a chair. Modifications will be shown.

Circuit Training: This class will utilize cardio and resistance training stations for a full body workout! Participants will rotate around various timed stations and get water breaks after each full rotation.

Cycle: Group indoor cycling is a dynamic, low-impact cardiorespiratory workout for all fitness levels. Participants can truly regulate their own intensity by adjusting the perceived inclination of the "bike." Instructors guide participants through imaging, hypothetical "trail" rides, and choreographed routines with varying music styles. This is perfect for those who may have trouble with the whole "left/right" movements; just come pedal the pounds away!

Cycle/Abs & Ups: Get your cardio, ab and chest work all in one by taking this fun hour-long class. All levels welcome.

Cycle & Toning: This hour-long class offers both cardio and muscle training all in one-hour. All levels welcome.

Family Zumba: Gather the whole family together and come out for this 30-minute easy to follow aerobics style class that incorporates Latin dance moves and international rhythms. All levels are welcome. No dance experience required.

Gentle Yoga: A gentle approach to yoga with special attention to modifications for specific limitations. Perfect for those who are just starting a fitness program, have physical limitations or desire a calming practice.

Group Run: Running with others outside. The class divides into similarly paced groups, so it doesn't matter how fast or slow you think you are. We head outside across Hillsborough St. and circle Park Ave. You can return to the Y at any time, or choose to run with us for the full 30 minutes. Meet outside of the Gym.

Hatha Yoga: This yoga class focuses on alignment in the postures while increasing flexibility, strength, and balance. All levels welcome.

Head Spin Cycle: Exercise your mind and your body with team trivia while you cycle. The whole point is to get a workout while you are making your brain think. All levels welcome because you can go at your own pace.

Kickboxing: This class is designed to combine the energy of an aerobics class with martial art techniques. It is an action-packed class that results in a solid cardiovascular workout.

Kids Yoga (ages 4-6): This Yoga class is specifically designed for kids ages 4-6. Kids will increase their balance, flexibility and strength AND have fun all at the same time!

Kids Yoga (ages 7-12): This Yoga class is specifically designed for kids ages 7-12. Kids will increase their balance, flexibility and strength AND have fun all at the same time!

Latin Low Aerobics: Low impact aerobic dance class taught to Latin music. Easy on the joints! This class is for all levels.

Level 2 Yoga: Take your Yoga practice to the next level! Be ready for headstands and inversion work (for example) in this class. Challenge yourself in this longer class geared towards advanced level participants.

Mom's Powerstroll: "It's more than a walk in the park!" This complete workout for Mom and Baby/ies targets those problem areas that arise from pregnancy. (No umbrella strollers, please. All strollers must have functioning, locking brakes for safety.) Held in the Gym when weather is "iffy" and held at Cameron Village Rite Aid Parking Lot during nice weather.

Nia: NIA=Neuromuscular Integrative Action-how the mind and body work together. This class is a combination of martial arts (like tai chi), healing arts (like yoga), and dance arts (like modern or jazz dance). In this class you will practice the "pleasure principal" which simply means you'll find pleasure and joy in movement. NIA is a fun cardio workout that also increases strength, flexibility, agility, and mobility. Class is done in bare feet. Give it a try!

Nia Flow: NIA, as described above, provides an involved cardio workout filled with movement across the room. **Nia Flow** was created to reach individuals who are interested in movement forms such as yoga. The intent is much more centered around body awareness and sensation. More time is spent on the floor working on flexibility, breathing, and balance. There is a guided meditation piece at the end of each class that supports the centered the focus of the class. Class is done in bare feet.

Pilates: This class targets the body's "powerhouse" (abs, back, and buttocks) and is designed to increase flexibility and strengthen your core muscles. You will improve your breathing, balance, and posture as you create a strong and stable core. Your instructor will provide modifications to accommodate your physical limitations. There will be numerous modifications shown. All levels welcome.

Pilates with Props: A Pilates class that will utilize different "props" in class such as the blocks, balls, rings, straps, weights, etc. Try something fun and new.

PIYO: This class is a hybrid workout combining mind/body practices such as Yoga and Pilates, as well as principles of sports stretch and strength training. This dynamic movement form improves strength, flexibility, balance, core stability, reduce stress and provide a mild cardiovascular effect. PIYO is a non-traditional application of various styles of Yoga and Pilates in combination with constant movement and flow from one exercise to the next.

Prenatal Conditioning: This class is a low-impact aerobics class designed to help improve mom's stamina for labor and her impending job as a mother. We incorporate resistance training (because those babies don't get smaller once they come out!), abdominal and pelvic floor exercises, and relaxation exercises, as well as practice pushing techniques for the main event.

Ready 2 Dance: Ready to sweat and have some FUN? Love to dance—even if you don't think you're any good at it? This class is for you! Seriously. No dance experience required. Hip Hop and a variety of other high energy routines are presented and taught. This class is truly a "Y" favorite. The energy is amazing! You just have to experience it. The class consists of four levels. "Learn the Basics" is offered on Monday nights at 7:15 p.m. Intermediate, Advanced, and Elite 30-minute options are offered starting at 7:00 p.m. on Tuesdays and Thursdays and at 12:00 p.m. on Saturdays.

Restorative Yoga: Yoga to create muscular (and thus stress) release. Comfortably supporting the body in various restful poses with props, mats, blankets, straps, blocks (if preferred bring your own bolster and eye bag). The supports allow full mental and physical relaxation and allow one to move toward a deeper feeling of balance and restored energy.

Slow Interval Aerobics: This class alternates Low Aerobics with resistance training. It is a full body workout for anyone who prefers to work at a slower pace.

Soaking Prayer: Psalm 37:7 "Rest in the LORD and wait patiently for Him." Soaking prayer is resting in the presence of God, waiting quietly and receiving his love. John 17:21 is the foundation of the "Y"! This class requires you to be still. You will get to enjoy rest and relaxation.

Soaring Crane Qigong: Qi is the energy that keeps people alive. In the course of Qigong practice, people increase their stores of qi. The routines taught are aimed at allowing people to access the healing power of their own bodies by bringing in fresh qi and getting rid of used up qi. Instructor Jill is certified to teach three different but related forms of Qigong. Soaring Crane Qigong is a powerful medical form of Qigong that is particularly aimed at strengthening the immune system and activating one's own healing potential. This form also functions as a kind of meditative discipline and works to balance the emotions and to further one's own brand of spiritual development.

Sports Conditioning: Athletic training for the intermediate to advanced level participant. This class may include: push-ups, lunges, squats, plyometrics, crunches, suicides, mountain climbers and more! Be ready for team relays and sprints and a great stretch at the end of class. This is an advanced cardio workout for anyone looking to improve their quickness, speed, and agility through sports focused drills. See you there!

Step: Come find out why this is one of the most popular forms of aerobic exercise! This class utilizes a platform bench for cardiovascular conditioning. Intermediate choreography will be used in this class.

Stretch: This class is an easy yoga-based stretch that works the whole body helping to increase flexibility and mobility and decrease injury. Appropriate for all levels.

Swim Fit: Mix it up! Try something new! Learn the ropes of lap-swim etiquette, learn how to read a swim workout, and master drills that will improve your stroke. This class is a stroke analysis and swim improvement clinic. You will get a great work out and have lots of fun!

Toning: This class is a total body workout designed to strengthen your muscles and increase body definition. Toning is for every fitness level.

Toning/Stretch: Get your total body muscle workout AND increase your flexibility in this class. Everyone is welcome.

Turbokick: This class is a fusion of hip hop and kickboxing; the hottest cardio kickboxing class around for fitness training. Try it!

Water Aerobics: No swimming required in this non-impact full body workout class. Get ready to get wet and have fun! Water barbells, noodles, belts and/or gloves may be used in this class.

Water Aerobics (Deep Water): This water aerobics class is taught entirely in the "deep end". No swimming required.

Yin Yoga: This class emphasizes lengthening of the connective tissues. Yin promotes flexibility over time by holding postures for several minutes—stilling the body and quieting the mind. Suitable for all levels of yoga practitioners.

Yoga: This class focuses on increasing flexibility, strength, and balance and may include relaxation and meditation. Many different types and levels are offered. If you see "Yoga" on the schedule, be open and ready for ANY type. Instructor will choose; class will be taught multi-level.

Zumba: An easy to follow aerobics style class that incorporates Latin dance moves and international rhythms. You'll forget you are working out! This class is for any fitness level.

Individual instructors may use different music speeds, exercise intensity, teaching styles, and/or choreography in their classes. Please take this into consideration when selecting classes. We offer a variety of instructors and class formats to appeal to all of our members. If you have any questions feel free to call Sarah Hopkins, Director of Group Fitness @ 582-2263 or e-mail her sarah.hopkins@ymcatriangle.org.