

## Group Exercise Class Descriptions

Barre	This unique class combines ballet, yoga, and Pilates into a low impact workout that increases flexibility and balance. This class incorporates light weights for an upper body workout.
BODYPUMP (Les Mills)	A total body workout that will burn calories, shape and tone your entire body, increase core strength and improve bone health.
BOOM Move	A higher intensity dance workout that improves cardio endurance and burns calories. The class starts with simple dance moves then gradually builds into more complex sequences, bringing you a great cardio workout and plenty of fun.
Chair Yoga	Brings the best of a yoga practice to people who require or prefer the support of a chair. You will explore versions of twists, hip stretches, forward bends and mild backbends. The class helps participants stay healthy, vibrant and confident by focusing on developing small and large muscle groups, stretching, balancing (beside or behind the chair), and building strength.
Compound Circuits	This full-body workout incorporates cardio, weights, and core training in a circuit format.
Core (Les Mills)	Based on athletic training principles, this core training workout is designed to make you stronger and assist with balance and injury prevention.
Cycle	This indoor cycling class will take you on a ride through the flat lands to the mountain tops. Come see why the popularity of cycling continues to endure. Since you control your own pace and resistance, you can make this work out as easy or as challenging as you desire.
Cycle Express	A 30 min invigorating and heart pumping ride. Instructors design unique ride profiles so members can ride at their own pace.
Cycle & Strength	Get the best of both worlds! This class combines the benefits of group cycling for your heart and lungs and off-bike strength training to challenge your muscles.
Cardio Dance	Get your groove on in this cardio class. Experience a mixture of dance styles while improving your fitness. No fear - there's no dance experience required.
Flexible Core	This Pilates-inspired classic focuses on the abs and the low back area.
Gentle Yoga	A combination of postures coordinated with breath, performed at slow pace which allows time to be present in each pose. This class provides the opportunity to explore your practice, to find the play between strength and flexibility, stability and ease, and to gain a greater understanding of physical alignment and balance. Gentle yoga is for all levels of experience and flexibility.
HIIT	High Intensity Interval Training (HIIT) involves repeated bouts of high intensity effort followed by varied recovery times. HIIT classes are challenging and always different, because they can incorporate body weight, resistance bands, free weights, medicine balls, and other equipment.
Intro to TRX	The TRX Suspension Trainer is a tool that makes gravity your resistance. Our TRX class simultaneously develops your strength, balance, flexibility, and core stability. People of all ability levels can participate, since adjusting the difficulty of any exercise is as easy as moving your hands or feet.
Pilates	A mat-based, full-body experience focused on the principles of core muscular strength, flexibility, breath control and proper body alignment to improve posture. Each class is different, but simple choreography makes this class accessible to both beginners and to those who exercise regularly.

Pilates + Barre	Pilates is a mat-based, full-body experience focused on the principles of core muscular strength, flexibility, breath control and proper body alignment to improve posture. Each class is different, but simple choreography makes this class accessible to both beginners and to those who exercise regularly. This unique class combines ballet, yoga, and Pilates into a low impact workout that increases flexibility and balance. This class incorporates light weights for an upper body workout.
Power Yoga	A fitness-based approach to Vinyasa-style flow. You will focus on linking your conscious breath with a vigorous and mindful flow. In a power yoga class, students build strength, flexibility, and cardiovascular health.
Pure Strength	This classic muscle building and conditioning class will upgrade your physique with dumbbells, resistance bands, and body weight.
Pure Strength for Her	This classic muscle building and conditioning class will upgrade your physique with dumbbells, resistance bands, and body weight.
Rebound	Experience high-intensity interval training on a mini trampoline combined with targeted barre work. Trampolines offer a highly-effective cardio workout that is very gentle to your knees.
Rebound Express	This 30 minute class provides high-intensity interval training on a mini trampoline combined with targeted barre work. Trampolines offer a highly-effective cardio workout that is very gentle to your knees.
Silver Sneakers Circuit	In this more challenging SilverSneakers class, we combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work, using hand weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching and complete relaxation in a comfortable position. This class is open to ALL YMCA members and suitable for intermediate level exercisers.
Silver Sneakers Classic	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 skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and chairs are used for support. This class is open to ALL YMCA members and suitable for new to intermediate exercisers.
Slow Flow Yoga	A therapeutic class designed to bring balance to the body and the mind through holding poses and exploring what each pose has to offer. When we slow down we relax the nervous system, we focus on our breath, and we become stronger mentally and physically. This class is suitable for people with all levels of ability.
Step	This classic cardio workout has lasted for decades for a simple reason: It delivers results. You step up, around, and down from the platform in different patterns to boost your heart rate and breathing, and strengthen your muscles.
Step Fusion	Drill-inspired step aerobics combines with strength exercises using dumbbells, body bars and/or resistance bands in this full-body class.
Strength & Balance	Everyone can benefit from better balance. Balance training involves exercises that strengthen the muscles that help keep you upright, including your legs and core. The low impact exercises are also designed to be gentle on your joints.
Tai Chi	A series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai chi, also called tai chi chuan, is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

TRX Circuit	This circuit-format class challenges you with stations devoted to TRX, kettlebells, and different types of strength equipment.
Yoga	Uses breathing techniques, exercise and meditation; helping to improve health and happiness. This is both spiritual and physical.
Yoga Basics	In a comfortable environment, this class introduces the fundamentals of a yoga practice, including breath, proper alignment, and mindfulness. This class is ideal for people new to yoga, for those working through injuries, and even for experienced students because the pace of the class offers time to develop self-awareness and refine their practice.
Zumba	Fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined. Add some Latin flavor and international zest into the mix, and you've got Zumba!