



YWCA
Group Exercise Class Descriptions
Something for Everyone!

BodyPump – Body Pump class is THE original barbell fitness class! It’s a fantastic full body workout that challenges all major muscle groups through weighted exercises – ideal for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetitions you can burn up to 600 calories per session! With great music and awesome instructors as motivation, you’ll be sure to power through each class.

Cardio Fit - Brings heart-healthy aerobics to your workout using low and medium impact movements. The class focuses on building upper-body and core strength with added cardio endurance.

Chair Exercise - Work your upper and lower body muscles through hand weights and resistance bands. This is an excellent strength training opportunity without standing for long periods.

Core Strength - Barbells, dumbbells, resistance bands and stability balls are used in various combinations for upper body, lower body and core strengthening. There is no choreography. All moves are stationary, standing, using the ball, or lying on the floor. Stretch at the end.

Creative Soul Yoga - This upbeat vinyasa class offers an embodied approach to creativity, connecting to the authentic self through movement, breath and expression. We will practice yoga asana (poses) sequenced with pranayama (breath exercises) and meditation to gather the energy of our bodies, minds and emotions.

FitBody – group personal training program where you’ll get high energy, fun, and challenging workouts designed to burn maximum fat and tone your entire body.

Functional Fitness – a style of exercise which involves training the body for daily life activities. These exercises equip your body to handle real life situations.

Hot Yoga - Yoga exercises performed under hot and humid conditions. “Hot yoga” is used to describe and yoga-inspired fitness styles that use heat. Hot yoga typically leads to profuse sweating. The purpose for the heat in hot yoga varies depending on the practice or the individual. Some hot yoga practices seek to replicate the heat and humidity of India where yoga originated.

Indoor/Outdoor Power Walk – Walking is a simple and natural way of moving, but with proper technique, you can turn casual walking into power walking or fitness walking. Power walking is a low-impact way to improve cardiovascular endurance and total body strength.

Intervals - Intervals of cardiovascular training using steps and/or traditional aerobic moves on the floor, mixed with upper and lower body strengthening, using dumbbells or resistance bands. The intervals vary from 5 minutes to 15 minutes to give the class some variety. Stretch at the end

Kemetic Yoga - is the ancient Egyptian system of Yoga enlightenment based upon the practices of physical movements combined with controlled deep breathing and meditation.

Line Dancing - A fun and exciting beginner level class that combines low and moderate line dance routines that will improve health and fitness! Many come to class to strengthen their bones and muscles; others come to improve their posture, balance, stamina and flexibility; many come to help prevent illnesses like diabetes, high blood pressure, heart disease, osteoporosis, and depression; and some come just to burn calories and have fun. Join us – no previous dance experience is necessary.

Pickleball - A racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net.

Pilates - System of physical conditioning involving low-impact exercises and stretches designed to strengthen muscles of the torso and often performed with specialized equipment.

Pilates Mat - will focus on the fundamentals of a successful Pilates practice. We will work on developing a strong core, shoulder stability, pelvic mobility and spinal articulation utilizing exercises from classic Pilates Mat work.

Power Walk – is a class that combines toning and core with focused intervals of cardiovascular movement

Power Yoga – A stronger, faster paced class designed to focus on breath & create heat in the body while building strength, flexibility and balance.

Restorative Yoga – a practice that is all about slowing down and opening your body through passive stretching. If you take a restorative class, you may hardly move at all, doing just a few postures in the course of an hour. It is a completely different experience than most contemporary yoga.

Senior Classic w/Pom Poms – a total body workout with pom poms. A chair is provided for support. Come and move to the grooves!

Senior Stretch - Exercises that give you more freedom of movement for your physical activities and for everyday activities such as getting dressed and reaching objects on a shelf.

Seniors in Motion - This workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a small ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

SilverSneakers Classic - Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated exercises and standing support. This class is suitable for beginning to intermediate skill levels.

SilverSneakers Yoga – helps you move your body through a complete series of seated and standing yoga poses. Chair support is used to perform a variety of postures designed to increase flexibility, balance and range of movement. All skill levels.

Strength & Conditioning - The physical and physiological development of athletes for elite sport performance. The role of a strength and conditioning is to use exercise prescription specifically to improve performance in athletic competition.

Strong by Zumba - Combines bodyweight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

Strong, Strength, & Balance - you will strengthen muscles and your bones while using light weights and doing weight-bearing exercises. Balance training also help keep you on your feet and off the floor.

Tabata - It's four minutes of high-intensity training, alternating between 20 seconds of max training followed by a 10-second rest for a total of eight rounds. These workouts are fast-paced and fun and burn up tons of calories.

Tai Chi Balance - An ancient Chinese form of exercise originally created as a fighting art. The words Tai Chi Chuan mean 'Supreme Ultimate Boxing', used as an exercise for health it would loosely translate as 'Supreme Ultimate Exercise or Skill'.

Yoga -. Enjoy the invigorating and relaxing effects of yoga in this hour-long class. Students are led through a series of basic yoga poses, with a focus on alignment. No advanced poses, but some experienced preferred. We focus on flexibility, core strength, balance and mindfulness

Yoga- Alignment Based – Yoga using props in the Iyengar tradition to help ensure proper alignment in poses, reducing the risk of injury and contributing to overall mind/body wellness.

Vinyasa Yoga - Vinyasa is a type of yoga that links movement and breath to attain balance in the mind and body. Vinyasa aligns a deliberate sequence of poses with the breath to achieve a continuous flow.

Zumba - We take the work out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise.

For More Information:

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