HEALTHY LIVING
GROUP CLASS DESCRIPTION

CARDO AND STRENGTH

15/15/15 Burn
A high energy 15 minutes of cardio, 15 minutes of upper body strengthening and 15 minutes of lower body strengthening.

Body in Balance
Using myofascial release, corrective exercise, mobility drills, balance, and flexibility training to restore alignment to the kinetic chain.

Boot Camp
This cross-training class challenges your body and improves cardiovascular and muscular conditioning.

Cardio Strength
A dynamic training workout that takes you through a variety of cardio and strength exercises, while you sculpt arms, legs and core.

Step + Basic movements and simple rhythmic combinations performed while “stepping” on a bench.

Step and Strength
Is combination of step class and a strength class. Starting off with a 25 minutes step workout followed by a series strength training.

Stretching
Specific muscles or tendons deliberately flexed or stretched in order to improve the muscle’s felt elasticity and achieve comfortable muscle tone. Results in feeling of increased muscle control, flexibility, & ROM.

INDOOR CYCLING

Spinning/Cycling
This is the ultimate indoor cycling workout to improve cardiovascular conditioning and muscular endurance.

Intro to Spinning/Cycling
A 30-minute introductory orientation class focused on form, alignment and profiles to get the ultimate benefit of Spinning/Cycling.

Spin and Strength
This combination class will have you spending 30 minutes on the bike for a cardio workout, and 25 minutes of Total Body Strengthening.

POUND
This high-intensity interval workout incorporates rhythmic movements with drumsticks. Let the music and high-energy drumming make the time fly past while you work your arms, core, and legs.

Tabata - is a form of high intensity interval training that has you work hard for 20 seconds and rest for 10 seconds for a series of 8 intervals (a total of 4 minutes). You will recover 1-2 minutes after each 4 minutes interval. This workout increases endurance and stimulates fat loss.

STRONG by Zumba
Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

STOP BY YOUR NEAREST YMCA FAMILY CENTER FOR ADDITIONAL YOUTH WELLNESS AND FITNESS OPTIONS UNIQUE TO THAT FAMILY CENTER.