



SOUTHWEST FAMILY YMCA GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO

Zumba – combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. A fun workout and great for the body and mind!

***Zumba Gold** – was designed for the active older adult, the true beginner and/or people who are not used to exercising, or people who may be limited physically. The main difference between Zumba Gold and Zumba Basic is Zumba Gold is done at a lower intensity, not as fast, but it certainly is as fun. The same great Latin styles of music.

Family Zumba – the same high energy music and style, appropriate for everyone 10 years and up!

Cycle – A ride of 50 minutes that will include hills, mountains, and racing. You will engage on each of these types of terrains in this great cardio workout.

RPM – The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within—sweat and burn to reach your endorphin high.

Youth Cycle – A shortened, less intense version of our regular cycle class. The class incorporates all of the same drills as the regular class, but shorter duration. Fun for the whole family! Ages 8 & up!

Step Up! – Burn calories while having fun. Step class will deliver 60 minutes of cardio set to upbeat music. Movements performed on and off a step platform with or without risers. This class consists of beginner to intermediate movement patterns. Class ends with 10 minutes of abdominal exercise to make your routine complete. All levels welcome.

***Senior Cardio** – A class designed with our Senior members in mind. It will emphasize stretching and toning at a slower pace. Care will be taken to the specific exercises chosen to prevent stress to the joints. Abdominal and low back strengthening will also be incorporated.

Sport Conditioning – The class where sports is the motivation. Interval style training with some resistance weights, but mainly movements that are intense and athletic based. This will keep your heart rate up, and tone the body at the same time.

CSI – Body Resistance Strength Training, Cardio Mix, Power Stretching & More. Be prepared to sweat!

Body Pump – The original barbell class. Designed for all fitness levels, BODYPUMP delivers real results, real fast. This athletic-based workout uses barbells with adjustable weights to work every major muscle group in the body. With motivating music, BODYPUMP strengthens, tones, and defines the body as nothing else can. All fitness levels welcome.

Kickboxing – Strength, endurance, and interval moves are all part of this workout. Kick, punch, and jab your way to a healthier lifestyle with this upbeat workout. Will improve overall fitness. Turbo kick format used in most kickboxing classes.

Cardio & Kinesis – Combines both cardio and strength training with our Kinesis Wall. The first half of the class is held on the treadmills with a challenging routine then meet at the Kinesis wall for a short circuit training.

***Step n Sculpt** – A choreographed step class that adds strength training with light dumbbells, a great way to mix cardio and strength.

CARDIO & STRENGTH

MIND & BODY

Pilates – A conditioning program that improves muscle control, flexibility, coordination, strength, and tone. Appropriate for all individuals regardless of physical condition or age. Mat-based.

Mamalates – A conditioning program that improves muscle control, flexibility, coordination, strength, and tone. Appropriate for pre/post natal mothers. This class will also allow the your child to be involved in the class itself.

Beginning Yoga – An introductory sequence of basic postures, poses & the principles of yoga. Focus given to proper alignment. Tone the body and tune the mind. Learn calmness, focus energy, and regain inner peace while improving physical strength.

Hatha Yoga – learn more postures, poses & more about the principles of yoga. Hold poses longer and stretch deeper as you improve your flexibility, strength and focus. Appropriate for beginners.

Flow Yoga – Builds on Hatha Yoga with an introduction of more challenging sequences and poses. Proper alignment remains a dominant focus. Active yoga practice, more appropriate for intermediate to advanced students.

Family Yoga – Young people are invited to participate along with adults in this basic practice that includes simple movements, balancing and stretching. Breath awareness emphasized as well as focusing and centering.

Relaxing Yoga – Come stretch the stresses of your week away. Relax and breathe through meditation and relaxation poses. Begin your weekend with a deep breath.

***Stretch** – meets twice a week and focuses on proper movements in stretching and how to warm the body up before exercising.

STRENGTH

Core Strength – A class that focuses on the core muscles of the body. Using power movements and exercises to tone and strengthen at the same time.

Ab Lab – 30 minutes of intense core training. Lower body & back exercises may be implemented. Lower body strength work emphasized. All levels are welcome.

Strong – When it comes to strength training, some of the most powerful moves involve more than one muscle group and more than one joint movement. This multi-level class is for anyone who wants to develop muscular strength and endurance, coordination, balance and stability.

* Denotes classes popular with our Senior members