

# Cardio & Strength Classes



**BODYPUMP™** – One of Les Mills' most popular programs, BODYPUMP™ is a 60-minute barbell-and-bench workout that challenges all your major muscle groups. The music – choreographed and rhythmic – will lead you through a great workout that promotes lean muscle and toning.

**BODYPUMP Express™** – Love BODYPUMP™, but strapped for time? This 30-minute format will hit all of the major muscle groups, including the chest, back and legs.

**Pure Strength** – A class dedicated to strengthening all your muscles using a variety of weight training equipment, including stability balls, dumbbells, steps, bands and body weight exercises! Includes bouts of cardio and ends with abdominal work and stretching.

**CXWORX™** – This is revolutionary core training! CXWORX™ is a quick, yet intense workout that hones in on all of the muscles of the torso. It will improve your functional strength and assist in injury prevention, allowing you to improve your quality of life AND sculpt a nice core all in 30 minutes' time!

**CoreFit** – A 30-minute core class that focuses on strengthening muscles of the abs, lower back, and torso.

**Sport Interval** – This class combines elements of soccer, skating, kickboxing, volleyball, football, plyometrics and calisthenics. The class alternates between hi-lo sports intervals and free weight resistance work. This class is progressive – the challenge increases monthly with added intervals and weight intensity!

**Turbo Kick®** – An addictive workout combining shadow boxing, kickboxing, sports drills, dancing, and yoga in a party atmosphere. This is an interval-based workout for all levels that is fun, exciting and powerful. It only takes one class to be a Turbo Kick® fanatic!

**Zumba** – A Latin-inspired dance fitness class with body-moving music make this a dynamic, exciting and effective fitness system. By combining varying rhythms that tone & sculpt, you achieve a balance of cardio and muscle toning benefits. Dance moves are easy to follow and may include salsa, meringue, hip-hop, and more. Its exercise in disguise!

# Cycling Classes

**Cycle & Core** – 45 minutes of intense cycling intervals followed by 15 minutes of mat core exercises and stretches.

**Cycle 30** – A 30-minute version of our popular cycling classes. Great for anyone who wants a quick, yet intense cycling workout – or for those who are new to cycling and want to start out with a shorter work-out!

**ALL TERRAIN** The focus of this ride is strength building & cardiovascular conditioning, which will be achieved using varying resistance levels and cadence. The perfect training ride for indoor and outdoor biking enthusiasts! Ideal for all fitness levels.

**RACE DAY** – 90 minutes of HIIT Training (High Intensity Interval Training) Are you ready for the challenge? Will you take yourself beyond the realm of training as you know it? Your legs will burn, you'll reach the upper limits of your heart rate & you will sweat buckets! Walk away a WINNER at the end!

**Ride 2 Run**– a quick 30 min cycling class first then head out to the trail and do the 3 mile loop with a cool down/stretch to finish

**Les Mills RPM™** – An indoor cycling workout where you ride to the rhythm of powerful music. An indoor cycling class set to exciting music tracks and choreographed to provide an excellent workout and improve cardiovascular conditioning.

## Mind & Body Classes

**Qigong** – Qigong is the art and science of using breath, posture, movement, and/or sound to cleanse, refine, accumulate and circulate Qi in the body. This helps improve health, prevent illness, and increase quality of life. Looking for a class similar to Tai Chi? This is the class for you!

**Beginning Yoga** – Beginning yoga teaches you fundamental poses with an emphasis on proper alignment and how to modify correctly for your body type, allowing you to take your practice in whatever direction you can imagine.

**Gentle Yoga** – A relaxing yoga class appropriate for all levels of fitness. Gentle stretching and breathing will help you enhance your awareness of your own body and create healthy patterns for reducing stress and body aches.

**Restorative Flow Yoga** – A luxurious yoga practice with movements that are slow, gentle, repetitive and rocking to create a class that is deeply nourishing.

**Hatha/Hatha Flow Yoga** – This class focuses on combining breathe and movement during traditional sun salutations. While increasing strength and flexibility, you will build your practice by advancing through modifications by your instructor.

**Ashtanga Yoga** – This class is a flow practice linking together postures that focus on building strength and stamina, simultaneously building muscle and increasing flexibility. Intermediate fitness level recommended for Ashtanga Yoga classes.

**Fundamental Yoga**- Begin your yoga practice with this class, which will focus on basic, yet effective, movements and skeletal alignment.

**Core Yoga** – This class will strengthen and tone your midsection while incorporating all of the relaxing, lengthening, and calming aspects of yoga.

**Never Despair Back Care** – Unburden your back & your entire being with tried and true exercises for stretching, strengthening and relaxing you back and your body. Prevention is the best cure!

**Vinyasa Yoga**- Sun salutations, standing poses, balancing postures, seated and reclining poses, backbends, core isolation and strengthening. Special emphasis is placed on moving into and out of postures safely, correct alignment, using the breath, and learning to quiet the chatter of the mind to find peace and inner stillness. –

**Yoga/Pilates Fusion** – A hybrid movement practice incorporating breath, asana, and movement sequences set to music. With a focus on kinesthetic awareness, proper muscular recruitment, and skeletal alignment, this class is designed to reach the body from the inside out.

**Mommy & Me Yoga** – Get your little one interested in yoga from the get go! Moms and babies up to 1 year old are welcome in this postnatal yoga class.

**Prenatal/Postnatal Yoga** – Have a better pregnancy! This class will stretch and strengthen your entire body and will incorporate poses to keep any woman fit from the beginning of pregnancy right up to delivery.

**Yoga/Pilates Fundamentals**- Begin your hybrid yoga and Pilates practice with this class, which will focus on basic, yet effective, movements and skeletal alignment.

**Pilates** – This class focuses on strengthening and lengthening the body with an emphasis on the core muscle groups. The majority of the class is completed on the mat with the occasional use of equipment (such as light weights, bands and rings). Relaxation stretches and balance work are also incorporated.

# Aqua Class Descriptions

**Aqua-Fit-** a combination of strength and interval training using a variety of techniques to increase strength and endurance along with cardiovascular training

**Aqua Strength-** a unique blend of water resistance and water weights to increase strength and stability and balance in and out of the water

**Aqua-Interval -** high to low intensity exercises challenging the heart and lungs to build cardiovascular health while working at a mixed level to burn fat and lose weight

**Aqua-Jogging –** a mix of agility and movement drills to improve injury and movement skills and abilities for rehabilitation or performance

**Aqua-Yoga -** This yoga class is held in our warm therapy pool. Enjoy the benefits of water exercise and yoga rolled into one class. The water temperature is a relaxing 90-92 degrees.

**Aqua Range of Motion-** This class is designed for individuals with physical limitations it is intended to improve range of motion, strength, flexibility and endurance.

**Swim and FIT-** brings you a 60-minute training session that will tax your swimming and functional fitness while teaching you proper form and technique in both disciplines. Workouts start with a warm-up and introduction to the exercises and techniques to be used in the "Workout of the Day" (WOD) This is followed by a timed CIRCUIT training that will push you to your limits. The WOD will include work in and out of the pool so you should have basic swimming skills before attempting a SwimFit workout

## Specialty and Registration Based

**Boot Camp-** Get the most intense 50 minute work out! This program runs M-W-Th. This class will meet outdoors if weather permitted. Bring your water bottle and hardcore workout attitude.

**Fit Adolescents Safely Training (F.A.S.T.)** -is a multi-dimensional course that teaches youth and teens (ages 12-15 yrs) how to work out safely and effectively within the fitness center. It introduces basic muscle anatomy, exercise concepts and guidelines, and gym etiquette/safety practices. Participants take **TWO** sessions with a certified personal trainer and complete an exam at the end of the course.

**Krav Maga –** Krav Maga was created "so that one may walk in peace." This martial arts class not only provides cardiovascular conditioning, but teaches the participant how to defend themselves in realistic, everyday situations. **Four Week Fee.**

**Olympic-Style Boxing -** Learn the fundamentals of Olympic-style boxing under the tutelage of a boxing instructor (certified by the United States Amateur Boxing Federation). This is a high intensity class which incorporates traditional boxing apparatus, including bags. **Four Week Fee.** Ages 8-12 must meet with instructor before registering.

**Row with Joe -** Take an opportunity to canoe, kayak, or stand-up paddle at the Texas Rowing Center for FREE! All experience levels welcome. If you decide that this "floats your boat," be sure to mention that you are a YMCA member to receive a 10% discount on a membership with TRC! **Registration required;** sign up at the Welcome Center. Dates Include Sept

Senior Retreat - A recreation and respite-care program for persons with early to mid-stage Alzheimer's and dementia. Activities include fitness and movement activities, music, dancing and art. For more details, please contact [mashariki.cannon@austinyymca.org](mailto:mashariki.cannon@austinyymca.org).

Tae Kwon Do - Students learn about the Chung Do Kwan skills of self-defense by managing the six tenets: speed, power, focus, balance, control and relaxation. The class is organized as follows: stretching, basic exercise, pre-defined movements (forms), free-style sparring (upper belts only and NO CONTACT), and three-step hand and foot techniques. **Four Week Fee**. Ages 8-12 must meet with instructor before registering.

TRX Suspension Training- The TRX® Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise because you can simply adjust your body position to add or decrease resistance. **Four Week Fee**

Women and Running (W.A.R.)-Join in on this invigorating 6-week course to develop the passion for weights and running with other motivated women. Our amazing instructors, will develop 45 minute challenging but rewarding workouts that will combine strength training and running. **Four Week Fee**

Zero to 5K- Train to run your first 5K. 0-5k is a 6 week twice a day, program designed for participants to run the Race for Water. All levels welcome. **Four Week Fee**