



Group Ex Class Descriptions

Southwest Family YMCA

Cardio

- **Body Combat™** - A mixed martial arts cardio workout that incorporates Karate, Tae Kwon Do, Boxing, Muay Thai, Capoeira, Kung Fu, and Tai Chi.
- **Cardio Funk** - Dance fitness class that offers a challenging, yet easy to learn work out that burns hundreds of calories, improve memory and coordination skills and make you feel great in a safe and friendly environment.
- **Freestyle Cycling** -Each ride is unique but will include simulated hills, mountains, flat road, and racing. This great low impact cardio workout is appropriate for all fitness levels and will include different music for each class.
- **RPM™ Cycling** - The indoor cycling workout where you take on the terrain coordinated for the music with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.
- **Zumba**-combines high energy and motivating Latin style music with unique moves and combinations that allow participants to dance a way their worries.
- **Zumba Gold** - Done at a lower intensity than Zumba, not as fast, but it certainly is as fun.
- **Dance Fit-** A fun-filled, heart-pumpin', non-stop, dancin' workout. The class will be a combination of hip hop, Latin flavor and total body weight toning. Combine easy to follow cardio dance moves for a total body burn. Dance experience is not necessary. Come dance it out!
- **Cardio Swing-** Learn the basics, rhythm and several variations of swing dancing and get a work out at the same time! Bring a partner or come solo. Experience is not necessary.

Cardio and Strength Combo

- **Active Older Adult Fitness** - A class designed with our senior members in mind. It will emphasize a cardio workout with stretching and toning at a slower pace. Care will be taken with the specific exercises chosen to prevent stress to the joints. Abdominal and low back strengthening will also be incorporated.
- **Step & Sculpt-** A choreographed step class that adds strength training with light dumbbells, a great way to mix cardio and strength.
- **Barre Fit** - An energetic, full-body workout that fuses the best of Pilates, yoga, and dance. Students have fun while they strengthen, tone, and re-shape their entire body. This class uses light dumbbells, small fitness balls, mat work, and, of course, the ballet barre to work participants head to toe. No previous dance experience required. A challenging work-out that is modifiable for all levels.
- **Ballet Boot Camp-** Head to the barre where the principles of ballet are combined with strength-training exercises and cardio to work all major muscle groups. Add in fun music and this becomes your favorite workout!

VARIETY

MOTIVATION

PERSEVERENCE

Questions? Email: laura.olmstead@austinyymca.org



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Mind Body

- **Mat Pilates** –A class format that focuses on a classical series of Pilates exercises as created by Joseph Pilates himself. This core conditioning program improves muscle control, flexibility, coordination, strength, and tone.
- **Gentle Flow Yoga** - A relaxing yoga class with focus on alignment and breath. Gentle stretching and breathing will help you enhance your awareness of your own body and create healthy patterns for reducing stress and body aches.
- **Gentle Yoga**–Focus is on stretching muscles to maintain joint mobility. All poses and stretches are done while sitting or lying on the floor. This gentle class is designed for those new to Yoga or those with previous injuries or limited balance.
- **Hatha Flow Yoga** –An Anusara and Vinyasa inspired Hatha class with focus on alignment and breath. Combining breath and movement, while increasing strength and flexibility. You will build your practice by advancing through modifications by your instructor.
- **Hatha Yoga** - A sequence of postures, poses and the principles of yoga with focus on proper alignment. Tone the body and tune the mind. Learn calmness, focus energy, and regain inner peace while improving physical strength. Three levels include beginning, beginning/intermediate, and intermediate/advanced.
- **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**- Focuses on proper movements in stretching and how to warm the body up before exercising.
- **Tai Chi** –A noncompetitive, self-paced system of gentle physical exercise and stretching. Students perform a series of postures or movements in a slow, graceful manner. Anyone, regardless of age or physical ability, can practice Tai Chi. Participants will learn to feel invigorated, energized, and balanced from this natural, choreographed flow of wellness. Tai Chi also helps those with Arthritis and fibromyalgia who have muscle and joint problems.
- **Qigong**- Focuses on healing and positive energy. It is the art and science of using breathing techniques, gentle movement, and meditation to cleanse, strengthen, and circulate life energy
- **Prenatal Yoga** – class specifically designed for the journey of pregnancy. By linking yoga postures with breath you make new discoveries and bring awareness to your mind, body, spirit and baby.

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