



HAYS COMMUNITIES YMCA

GROUP EXERCISE CLASS DESCRIPTIONS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CARDIO

Body Combat™ - Strike, punch and kick your way to superior fitness! This empowering cardio workout is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, Taekwondo, Tai Chi and Muay Thai.

All Level Cycling - Each ride is unique and will include simulated hills, mountains, flat roads, and racing. This great impact cardio workout is appropriate for all fitness levels and includes a variety of music.

HIIT Cycling - This 30-minute format involves high-intensity interval training, which raises your heart rate up and down, allowing more calories to be burned in the same time it would take for an hour class. It's intense, but it's worth it!

Cardio Funk - Dance fitness class that offers a challenging, yet easy to learn workout that burns hundreds of calories, improve memory and coordination skills and make you feel great in a safe and friendly environment.

ZUMBA® - Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Cardio Caliente - High impact, fast paced cardio dance class synced to pop and Latin pop music. The class is designed to increase stamina and strengthen and tone major muscles while also improving balance and flexibility.

Cardio Caliente Gold - Cardio dance class synced to pop and Latin pop music with the use of light hand weights optional. Class is designed to increase stamina and strengthen and tone major muscles while also improving balance and flexibility.

Family Dance - Join us for an easy to learn workout in a safe, family-friendly environment for all ages. Learning simple choreography can help improve coordination and memory skills!

AQUATICS

Aqua Core - Become strong inside and out by targeting your entire core within the resistance of water.

Aqua Strong - Increase strength and power utilizing the resistance of the water, specialized water dumbbells and other equipment. Aqua Core - Become strong inside and out by targeting your entire core within the resistance of water.

Aqua Dance - Have fun while dancing to popular music, and dance rhythms designed just for water, in cardio intervals for maximum results!

Aqua Interval - Looking for a class that works everything? This workout utilizes resistance training, cross training, and resistance balls to provide the best overall workout at a beginner level.

Arthritis Aqua Ex - Designed for people with arthritis and related disease and led by certified Arthritis Foundation instructors. An excellent starter class if you have never exercised in the water. Participants improve their joint flexibility and reduce their pain and stiffness. Fun and friendly atmosphere where one can make new friends.

Senior Aqua ROM - This class is designed for seniors with physical limitations and is intended to improve range of motion, strength, flexibility, and endurance. Great for beginners as well!

Due to instructor availability, we cannot guarantee these classes will be available at all times.

All classes are for members 12 years and up except where noted

STRENGTH

Body Pump™ - Concentration of muscle endurance and stabilization is key. This class demands lots of focus, but also keeps it fun. With upbeat music, cool movements and lifts, these instructors will get your heart racing!

Body Pump™ Express - same great workout in half the time.

CXWORX™ - Based on cutting-edge scientific research, this class is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, oblique's and "slings" connecting the upper and lower body, this workout will leave you looking good and feeling strong.

Barre Fit - a fusion class that works with the ballet barre and combines elements of Pilates, ballet, yoga and muscular endurance training to improve posture, increase balance and tightens your core.

Senior Fitness - A class designed for seniors that include a cardio workout followed by muscular toning and stretching. Care will be taken to prevent stress to the joints.

Cardio Agility - This class utilizes creative and sporty exercises to help you build all-around fitness, with intervals of body weight or dumbbell exercises. May be taken outside. ZUMBA Gold Toning - combines the enticing international rhythms of the Zumba & Zumba Gold® programs with the strength training techniques of the Zumba Toning program, creating an easy-to-follow, health boosting, a dance-fitness program for the beginner participant, active older adult, or those simply needing modifications coupled with a slower pace.

Tabata Boot Camp (fee-based) - revolutionary 6 or 8-week session combines boot camp fitness with high-intensity interval training to help you get your workout done in half the time and boost your metabolism to keep burning calories for hours after your workout is over.

MIND & BODY

Vinyasa Yoga - Vinyasa Yoga is a moderately paced class where students continue to build awareness, strength, skill, and focus. Classes will maintain awareness and focus on the breath while moving through a series of postures.

Vinyasa Yoga (Int/Adv) - In this class, all types of postures are explored in greater depth. Postures are explored from various vantage points, holding for periods of time. Participants should have prior yoga experience in intermediate yoga classes or higher levels.

Hatha Yoga - Will include postures and stretches used in conjunction with breath control to develop mind-body awareness. These classes seek to develop strength and flexibility to cultivate a balance between the two for optimal fitness results.

Gentle Hatha Yoga - Gentle stretching and breathing will help you enhance your awareness of your own body and create healthy patterns for reducing stress and body aches

Family Yoga - fun for the whole family! All ages and levels welcome.

Breath & Mind - This is a breathing and meditation class for beginners and experienced participants alike. The breath is a bridge between mind and the body. In this class, you will find excellent ways to heal yourself physically, mentally, emotionally and spiritually.

Mat Pilates (Beg/Inter) - Learn the fundamental exercises of Pilates and then add more intensity thru longer repetitions while utilizing Magic Circles, dumbbells, stability balls and/or resistance bands.

Piyo - a dynamic fusion of sports conditioning, flexibility, and strength training with a Pilates and Yoga influence. You will build lean muscle mass and sculpt every inch of your body thru a low impact workout while burning an insane number of calories all set to upbeat music.

Pop Pilates - An incredible fusion of ab-chiseling and total body defining moves choreographed to your favorite Top 40 hits. This intense, mat-based workout challenges students to rhythmically flow from one exercise to the next.

Tai Chi - Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. To do Tai Chi, students perform a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pausing.

Senior Stretch - Senior Stretch is a low-intensity class that will focus on stretching and lengthening the entire body through flexibility work. Perfect for seniors, people just starting an exercise program, or returning to exercise.