



East Communities YMCA

GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO AND STRENGTH

BODYPUMP™ – Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. It will burn up to 590 calories*.

Strong – A class designed to develop muscular strength, coordination, balance, and stability. Uses a combination of dumbbells, resistance tubes, stability balls, medicine balls and/or functional movements that will challenge every major muscle.

Core – This class focuses on strengthening muscles of the abs, lower back, and torso.

Cycling – Each ride is unique and will include simulated hills, mountains, flat road, and racing. This effective, low-impact cardio workout is appropriate for all fitness levels and includes a variety of music.

Cardio Mix – Step, tap, and shake your way to superior fitness! This is a low-impact cardiovascular workout that will leave you feeling invigorated and strong.

Cardio Agility – This class utilizes creative and sporty exercises to help you build all-around fitness, with intervals of body weight or dumbbell exercises.

BODYCOMBAT™ – A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

ZUMBA® – We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

Aqua Interval – Pump up the intensity without the strain on the joints and take it to the next level. This workout utilizes resistance training, cross training, and resistance bells to provide the best overall workout!

Senior Fitness – Senior Fitness is designed for seniors, but is appropriate all people starting and exercise program, or returning to exercise. This class will help increase strength, and increase range of motion.

MIND AND BODY

Gentle 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.

Restorative Yoga – This class incorporates the use of props such as bolsters, blocks, straps and/or blankets to support the body in various poses. It also uses deep breathing techniques and meditation. Supported postures are held longer to encourage deep relaxation.

Hatha Yoga (Beginner) – Uses postures (asanas) and stretches in combination with the breath to develop flexibility and relaxation. Recommended for beginning students who want to learn the correct alignment and breathing in basic yoga postures.

Hatha Yoga (Intermediate/Advanced) – Includes postures, transitions, or techniques that require more awareness and experience. These classes may explore practices such as inversions, arm balances, deep backbends, have more rigorous or athletic sequencing; or require more developed flexibility or endurance. *Participants should have prior yoga experience in intermediate yoga classes or higher levels.*

Vinyasa Yoga (Beginner) – A moderately paced class where students continue to build awareness, strength, skill, and focus. Vinyasa (also called Flow) classes maintain awareness and focus on the breath while moving through a series of postures.

Vinyasa Yoga (Intermediate/Advanced) – In this class, all postures are explored in greater depth while moving through vinyasas (flows). Postures may be held for longer periods of time and may require greater flexibility and strength. *Participants should have prior yoga experience in intermediate yoga classes or higher levels.*

Stretch – Focuses on proper movements in stretching and how to warm the body up before exercising.