

# Town North Family YMCA Class Descriptions

B = Basic I = Intermediate A = Advanced;

**Boot Camp (IA)** This challenging high intensity workout is design to push your fitness limits. This class may include speed drills, plyometrics and is outdoors, weather permitting.

**BOSU Flex (IA)** A Muscle Flex class performed on a BOSU (half stability ball secured to a solid platform).

**Cardio BOSU (IA)** Increase your aerobic endurance and muscle definition through this effective workout performed on a BOSU (half a stability ball secured to a solid platform).

**Cardio Muscle (IA)** This workout combines cardio and strength training using a wide variety of equipment like Steps, BOSU, bands, hand weights, Body Bars, and your own body weight.

**Core & Flexibility (BIA)** The class features 20 minutes of specific focus on abdominal and back muscles, and 5 minutes of stretching.

**Core & Balance (BIA)** The class features 20 minutes of specific focus on abdominal and back muscles, and 5 minutes of balance.

**Cardio + Party (BIA)** This is an interval class that mixes cardio, (Hi/Lo Aerobics, Zumba, Hip Hop, Gliding and Cardio Kickboxing) and strength training for 75 minutes.

**Easy Yoga (B)** This Yoga class will move your whole body through a complete series of seated and standing Yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. This class is specifically designed for Active Older Adults.

**Glide-n-Sculpt (IA)** Body sculpting like never before! Two-for-one moves and higher heart-rate training allows you to burn more calories, build more strength and sculpt long lean muscles using the Gliders, weights, balls, bands and bars.

**Grand Shakers (B)** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for the daily living skills. Hand held weights, elastic tubing with handles, and a small ball are offered for resistance, and a chair is used for seated and/or standing support. This class is specifically for Active Older Adults.

**Heart Zones Cycling (BIA)** Taught to a heart monitor/perceived exertion across 5 heart rate zones with a specific emphasis for each class (intervals, strength, cadence work on varying terrain, etc.). The class is directed to form the skills necessary to improving outdoor cycling fitness.

**Indoor Cycling (BIA)** Crank up your cardio routine with this workout performed to music on specially designed stationary bikes. Participants use varied resistances appropriate to individual fitness levels. Please bring own water bottle to class.

**Jam Fit (BIA)** This dance fitness class is a combination of hip-hop, salsa, jazz, reggaetone, and more, with a cardio twist. Come on and get fit with this jammin' fast paced class.

**Kickboxing (IA)** This exhilarating high-energy class combines kicks and punches in a choreographed cardio blast on free-standing bags! Gloves are required for contact with the bags. (A few are provided for newcomers.)

**Kid's Hip Hop (BIA)** Fun and energetic introduction to hip hop moves (recommended age 7 to 12 years old).

**LAF (BIA)** Lance Armstrong Foundation and Town North Family YMCA are collaborating to deliver physical programs for those who have experienced cancer.

**Low Impact Aerobics (BI)** Low impact aerobic class with simple moves designed to increase your cardiovascular endurance followed by muscle endurance exercises performed with dumbbells with stretches to finish off this well-rounded class geared for beginners and active older adults.

**Muscle Flex (IA)** A challenging strength training class that utilizes dumbbells, barbells, stability balls and bands to work all muscle groups.

**Pilates (BIA)** This class is based on a series of mat exercises that will challenge core strength, balance and stability. It encourages development of good posture.

**Pilates/Yoga Fusion (BIA)** It's the best of both worlds by combining Pilates and Yoga!

**Praise & Pedal (BIA)** It is an Indoor cycling class (see description above) using contemporary Christian music. Please bring own water bottle to class.

**Step Fusion (BIA)** Step, Hi-Lo, Dance and Kickboxing combine together to create a dynamic cardio workout that really gets you moving.

**Tai Chi (BI)** Relieve stress, develop dexterity, and balance through Tai Chi, a form of martial art now taught for health improvement that emphasizes relaxation, deep breathing, and a coordinated physical structure. The movements are slow, circular, and continuous. Body control and balance are increased through continued practice.

**Turbo Kick (IA)** It's a combination of intense kickboxing moves, as well as, dance moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals strength/endurance training, and a relaxing cool-down. Turbo Kick® requires no previous kickboxing experience or equipment.

**Yoga (B)** Improve flexibility and muscular range of motion through stretching, breathing and relaxation techniques.

**Power Yoga (IA)** This vigorous yoga practice explores advanced poses while keeping a focus on developing stamina and flexibility. Modifications are given for those who are just beginning their yoga journey.

**Ultimate Dance (BIA)** Positive, up-beat dance aerobic class filled with great songs and moves to burn calories.

**Zumba (BIA)** The new fitness craze that fuses Latin-based rhythms with motivating music, unique moves, and fun combinations. Bring your energy and dance away your worries.