

Town North Family YMCA Class Descriptions

B = Basic I = Intermediate A = Advanced;

Ball Camp (BIA) This workout features 15 minutes of strength training followed by 30 minutes sport ball team games and ending with 15 minutes strength training.

Body Sculpting (BI) This class focuses on toning the entire body using muscular strength exercises.

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.

Body Work (BIA) Muscle strength class with a cardio twist.

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 traditional aerobic exercises with intervals of high intensity muscle work.

Cardio Party (BIA) This class is a mixture of Hi/Lo Aerobics, Zumba, Hip Hop, Gliding, Cardio Kickboxing and Step.

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.

Good to the Core (BIA) Core strengthening and balance exercises using basic movements from Yoga and Pilates.

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 and skills necessary to improving outdoor cycling fitness.

Hip Hop Moves (BIA) Enjoy the music from the hip hop culture and learn dance routines. Get fit and be hip with this fast paced fun class.

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.

Kickboxing (IA) This exhilarating high-energy class combines kicks and punches in a choreographed cardio blast! 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 6 to 15 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.

Mix It Up (IA) This class combines several cardio and strength intervals that may consist of step, hi/lo, weights, bands, and calisthenics.

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 w/Props (BIA) It's a Pilates class with stability balls, dumbbells ,and resistant bands.

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

Silver Sneakers (BI) 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.

Silver Sneakers Yoga Stretch (BI) 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.

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

Yoga (BIA) 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.

Restorative Yoga (BIA) A series of calming breathing exercises and restful postures will help you to fully refresh the mind. Newer students will learn gentle approaches to poses and experienced students and athletes will benefit by adding restoratives to their practice and/or training program.

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