



## Duneland Family YMCA Group Exercise Class Descriptions

**ACTIVE OLDER ADULTS CLASSES: Silver Sneaker classes as well as other classes designed to meet the needs of our active older adult members.**

**Building Fit Friends** – Total body workout including cardio, strengthening, wall exercises, flexibility, and stretching. All ages are welcome!

**Low impact Cardio** – Dance at a slower pace, great for beginners or active older adults.

**Silver Sneakers ® Cardio** – Combine fun with fitness to increase your cardiovascular and muscular endurance, and power with a standing circuit workout.

**Silver Sneakers ® Classic** – Have fun and move to the music through exercises designed to increase strength, range of motion and activities for daily living.

**Y-B Fit** – Brief warm up followed by some standing strength work with weights, light cardio, and floor exercises followed by a cool down with an emphasis on flexibility.

**MULTI-LEVEL: These classes are appropriate for all levels of participants and offer many modifications to either keep it simple or take it up a notch.**

**30/30** – 30 minutes of cardio workout and 30 minutes of various strength exercises.

**Aerobics/Zumba** – 30 minutes of aerobic exercises and 30 minutes of Zumba ®.

**\*\*Barre Intensity®**– Barre fitness classes are simply ballet-inspired, incorporating a ballet barre and maybe some plies and pirouettes here and there into the workout. Essentially, Barre classes mix elements of Pilates, dance, yoga and functional training. Classes focus on alignment and posture while enhancing coordination, balance and overall strength. No experience necessary.

**Express Abs** – 30 minutes of core exercises using a variety of equipment. Participants will utilize props such as stability balls, weights, and bands.

**Express Strength & Tone**– Express “lunch time” workout. Instructor’s choice, but always fun and challenging!

**Gentle Stretch**– Uses a variety of stretches, basic yoga and Pilates inspired movements to develop flexibility, balance and coordination. This class incorporates stretches that can be performed from a seated position or on an exercise mat. Light weight fitness equipment may also be incorporated to develop muscle strength.

**Hatha Yoga** – Yoga that improves flexibility, balance, and strength.

**H.I.I.T** - An interval - style class designed to improve cardiovascular fitness, muscle strength, and flexibility. Classes are offered at multi - level and advanced levels.

**Indoor Cycling**- Jump on one of our spin bikes and start peddling! These classes provide an intense cardio workout while still catering to participants of all fitness levels.

**INSANITY @** - 30-60 minutes of cardio based total body conditioning program adapted from the popular at home INSANITY workout.

**Mommy & Me Yoga**- Classes designed for mother (or father) and their kids to enjoy all the benefits of yoga together!

**Pilates** - Core strengthening exercises with a focus on flexibility balls and mat work.

**Strength and Tone** - Total body strength training using weights, bands, stability balls and mat work.

**Turbo Kick** - combines traditional kickboxing moves with H.I.I.T for an unbelievable calorie burn. Modifications shown.

**Total Body Circuit**- Total Body Circuit is a dynamic circuit-based fitness class that alternates cardiovascular with muscular endurance stations. Power Circuit fitness classes will provide targeted training for specific muscle groups, while getting your heart rate up through a variety of cardiovascular exercises.

**Beginner Yoga**- Yoga Fitness is based on traditional yoga postures and focuses on mind-body awareness, strength, flexibility, breathing and relaxation techniques.

**INTERMEDIATE/ADVANCED: The following classes are for anyone ready for more of a challenge so you can improve your physical activity level.**

**Bootcamp**- Fun, but intense class that implements cardio and strength training drills and stations.

**Tabata**- High intensity workout with 20 seconds of all out work followed by 10 seconds of rest usually repeated 6-9 times.

**Cardio Core & More**- A cardio based class that incorporates intervals of strength training and core work.

**Sign-in sheet system for classes marked \*\***

**1: Sign-up sheet will be outside of the fitness room 15 min. prior to class starting time. Only one name can be recorded per person.**

**2: The instructor will pick up the list prior to class start time and will call members by name in the order they signed in on the sheet. If you are not in the fitness room when class begins, your spot will not be held.**

**3: All open spots at the class start time are first come, first serve.**

