



DUNELAND FAMILY YMCA

GROUP EXERCISE CLASS DESCRIPTIONS

ACTIVE OLDER ADULTS

Y-B Fit - A great full body workout for all fitness levels with a focus on flexibility and strength.

Building Fit Friends - Total body workout including cardio, strength and wall exercises with stretching and flexibility exercises.

Silver Sneakers Cardio - Combines fun and 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 of daily living.

CYCLE

Cycle - An intense cardio workout on our indoor bikes catering to each participants ability and fitness level.

Cycle Fusion - 20 minutes of cardio on our indoor bikes and 20 minutes of circuit strength training.

CARDIO

Low Impact Circuit - A circuit class for all levels with a focus on cardio and strength.

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

Bootcamp - A fun but intense class that implements cardio and strength training drills and stations.

Cardio Core and More - This may be the most challenging class in the cardio category. Quick, high intensity bursts of exercise with limited recovery time to improve speed, maximize caloric burn and challenge yourself.

Total Body Blast - A full body workout that will get your heart pumping while challenging your strength and cardio ability.

TurboKick- is a high intensity, fast paced workout predesigned using martial arts and kickboxing moves including HIIT intervals for maximum calorie burn! high or low impact options with modifications shown.

Turbo Fusion- 30 Minutes of Turbo Kick followed by 30 minutes of strength and core.

Insanity- a total body workout that requires no equipment, using your body weight as resistance. Intervals of working as hard as you can with periods of rest between intervals.

HIIT- High Intensity Interval Training has repeated bouts of short duration, high-intensity exercise intervals followed by short active recovery periods.

DANCE

Low Impact Cardio – Dance at a slower pace great for beginner and also active older adults.

Line Dancing – This class teaches 32 count dances great for wedding receptions and parties. We meet weekly and add new dances every few weeks while reviewing the previous dances.

Zumba – Choreographed routines set to International music and rhythms. From Hip Hop to Salsa and much more.

Cardio Dance – A cardio dance class set to choreographed routines by today's top artists.

WERQ® – A fiercely fun dance fitness class based on pop, rock, and hip hop music. The WERQ warmup previews dance steps used in class, and the cooldown includes balance and yoga inspired poses. Are you ready to WERQ??

STRENGTH

Barre - A ballet inspired fitness class incorporating a ballet barre, some plies, light weights all mixed to give a full body workout. A focus on alignment and posture while enhancing coordination, balance and overall strength.

Strength Training - Total body strength training using weights, bands, stability balls, gliders and more. Mat work included.

Pilates – Core strengthening exercises with a focus on flexibility, balls and mat work included.

BODYPUMP® - a safe and effective barbell workout for anyone looking to get lean, toned and fit-fast. Using light to moderate weights with lots of repetition, modified for all fitness levels BODYPUMP is a total body workout that burns up to 540 calories.

Circuit Strength- a full body workout in the LD Fitness Studio utilizing a variety of equipment in a circuit class format.

Butts & Guts- Train and tighten all the regions of the lower body and core with this class. Workout will focus on the abs, glutes, legs, and lower back using weights and body weight.

MIND & BODY

Beginner Yoga - Class based on traditional Yoga postures and focuses on mind-body awareness, strength, flexibility, breathing and relaxation techniques.

Yoga – Basic postures & specific breath flow. Breathing techniques will further enhance the yoga practice.

Gentle Stretch – Yoga – Move through traditional stretching postures while utilizing specific breathing techniques to allow the body to stretch to new limits.

Hatha Yoga– Improve flexibility, balance and strength. Positions may be held longer than a minute.