



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Ex Class Descriptions

Baby Boogie– A laid back exercise class for ages 0-5. Come dance, tumble, and play with friends!

BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals – from the weekend athlete to the hard-core competitor!

BODYPUMP!– A revolutionary group strength training program that challenges every major muscle group in your body. BODYPUMP! Is appealing to men and women for all ages and is ideal for beginners and enthusiasts seeking weight training. Participants will see REAL results– REAL fast!

Body Conditioning– Today Body Conditioning! An hour of power! Challenge yourself mentally and physically!

Body Conditioning Lite— An all over workout using weights, bands, balls, and other fitness toys! Tone your whole body!

Body Extreme – Want to take your body to a new level? Body Extreme is a total body conditioning class designed to take you out of your comfort zone! All levels welcome. Come ready to be challenged.

Core and Conditioning— An early morning, ab ripping class! Work your core and more!!

Cycle– Focuses on proper alignment and cycling techniques using specifically designed studio bikes. Bring towel and water– you control your own pace. Easy Rider, learn how to set up your bike and the basics of cycle class. A simple ride to get you started! Cycle I , starter cycle, less intense. Cycle II, advanced cycle.

Drills – An elite fitness class! Suitable for beginners to advanced but be prepared to push yourself past your limits! Take your body and your workout to a new level! Be prepared to be outside or inside! Class always meets first inside the Group X Studio.

Intervals– A blast of work for cardio, condition core, and more! Great for beginner or experienced exercisers.

Kickboxing - Cardio using kickboxing moves and drills. High intensity fat burning!

Pilates– strengthens and lengthens core muscles. Breathing control and flexibility exercises are used to restore balance, improve posture, body alignment and overall strength.

Senior Stretch—A stretching class designed for those “seasoned in life” and ready to stretch! Stay flexible with this low intensity, relaxing stretch class.

Silver Sneakers (I) – A class specifically designed for older adults. This class starts with a warm-up and then moves to exercises to improve range of motion and muscular strength. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Sparticus- Come challenge your body and cardio! Using circuit like stations, you will chisel and sculpt your body to perfection! For beginners to Advanced!

Sports Drills – **A challenging workout using Sports Agility and Plyometric exercises to give you the extra push you need!**

Step– a high energy class with choreographed moves designed to increase cardiovascular endurance and burn calories.

Tai Chi— An extremely gentle exercise suitable for ages 55+ and open to all ages! Improve balance, flexibility, improve immune system, and reduce stress!

Zumba—a fusion of Latin and International music that creates a dynamic, exciting time. It is a mixture of body sculpting movements with fun and easy to follow dance steps. LoZumba is designed for lower impact.

Yoga– A series of yoga poses that are adaptable to all fitness levels. This class will improve flexibility.

Classes are open to all exercise levels, with alternative movements offered for different skill levels to maximize your personal workout. Our instructors are happy to give additional guidance to beginners, just introduce yourself before class! Minimum age is 10 years (with a parent) at Family Y. Minimum age for Body Pump classes and classes utilizing weights is 16. Minimum age is 16 at all Express Y classes.

WILKES FAMILY YMCA

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Our Mission: Helping people reach their God-given potential in spirit, mind and body”.