Group Exercise Class Descriptions – WILLIAM G. WHITE, JR. FAMILY YMCA

**AB ATTACK** - Core based strengthening and conditioning.

**ALL YOGA** - Join us for a series of yoga poses that are adaptable to all fitness levels.

**AQUASIZE 1 (MODERATE INTENSITY)** - This is a general exercise class that includes cardio conditioning, muscle strengthening and toning improving flexibility and activities for daily living. All levels of fitness are welcome!

**AQUASIZE 2 (MODERATE/HIGH INTENSITY)** - This class is ideal for those wanting a more vigorous cardio workout and water resistance training than the moderate level. This class also focuses on using resistance of water to build strength.

**AQUASIZE 3 (HIGH INTENSITY)** - This class will strengthen core muscles using water resistance and improve cardiovascular conditioning. This class is ideal for those wanting a vigorous cardio workout.

**AQUA FINS 3 (HIGH INTENSITY)** - This class will strengthen core muscles (especially glutes). Fins (flippers) are recommended, but not required. *The Y has fins, should you need them*

**BARRE** – Barre is inspired by a traditional ballet barre class with a modern fitness twist to it. Developed to lift and tone your entire body, this low impact class is easy on the joints, and for all fitness levels. No previous dance experience required. *Barre socks are recommended*

**BODYCOMBAT™** - BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai.

**BODYFLOW™** - BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. Like all the LES MILLS™ programs, a new BODYFLOW™ class is released every three months with new music and choreography.

**BODYPUMP™** - BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! Like all the LES MILLS™ programs, a new BODYPUMP™ class is released every three months with new music and choreography.

**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 fitness goals – from the weekend athlete to the hard-core competitor!

**BODY AWARENESS & ALIGNMENT** – Bring better awareness to your body, by fine tuning your posture and alignment, in basic yoga poses. You will learn what to stretch and strengthen, as we gently flow from one pose to another.

**BST** - (Blood, Sweat and Tears) Intense workout that will be held outside.

**CORE BLAST** - Think boot camp for Abs!!! 30 minutes of ab strengthening exercise with intervals of heart thumpin’ cardio. Strengthen your core and blast fat to show off a sleek, sculpted midsection.

**CORE** - We will help you build a more stable, powerful abdomen and lower back to improve fitness, straighten posture and provide a foundation for an active daily life!

**EXPLORING CREATIVE MOVEMENTS (2-4 YEARS OLD)** - Parents are encouraged to participate with their little ones as they explore creative movement in a fun, musical setting. They’ll build confidence and self-awareness in this introduction to dance.

**CXWORX** - Really hone in on the torso and sling muscles that connect your upper body to your lower body. It’s ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. It’ll help you run faster ... play harder ... stand stronger!

**CYCLE EXPRESS** - 45 min intense power ride. You will feel like you have worked out for an hour, great lunchtime workout!

**CYCLE/PLYO** - Half Cycle/Half Plyometrics. Class begins in the cycle room and transitions to Racquetball Court 3 for some lunges, squats, and power moves.

**DANCE TRANCE** - One of the latest crazes in fitness. It incorporates dance choreography and aerobics into a fitness class that is stylish, exhilarating and fun. Dance experience is not necessary and all levels are welcome.

**DANCE & TONE** - Enjoy the music while dancing and toning. Light weights, small balls and resistance tubes are used.

**EARLY BIRD YOGA** - Start your day off with this yoga class for all levels.
FLOW YOGA - Introduces increased movement and breath connection to basic yoga postures.
FIT & FUN AFTER 50 - Higher energy class that combines light cardio and light weight training geared towards our Baby Boomers.
GENTLE YOGA (I) - This class will focus on breathing to relax and relieve stress. Stretching of different muscle groups will improve flexibility.
KIDS DANCE (5-8 YEARS OLD) - Join us for this fun filled exercise class, using a variety of dance styles and props. We'll learn to leap, turn, tumble, balance and stretch. Comfortable clothing and socks are recommended.
LEGS N' LUNGS - Hit the ground for this intense lower body workout that uses a million different positions and exercises to target muscles you didn't even know you had.
*MODERATE CYCLE* - Low intensity cycle class, great for Baby Boomers or those new to cycle who need to start slower than full intensity class.
MUSCLE MAX - This class is designed to achieve muscular strength and endurance while increasing lean muscle mass. This class is intense!
METABOLIC EFFECT *SEE YOUTH ATTENDANCE POLICY* - 30 minutes of controlled-intensity weight training and athletic and athletic cardio drills! Challenge yourself by combining such movements as pushups, lunges, squats, jumps, sprints and other strengthening exercises to get tight, strong physique you've always wanted! Work hard, rest hard! (Only 30 minutes) great for all levels of fitness!
MOVEMENT & MOBILITY (AOA) - The class is designed to create mobility and loosen tight joints.
P.E. - This sports specific class focuses on improving strength, flexibility and endurance to improve your cardiovascular system while having fun and reminiscing about the good ole' days! Great for all levels of fitness!
PILATES (I,II,III) - You will be introduced to additional mat exercises including the use of props such as bands, bars and balls. A basic understanding of Pilates is recommended. This class is for all fitness levels.
PILATES BUFF - Is an innovative workout using Pilates exercises with other techniques to build healthy bones.
POUND – Pound is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – All while rocking out to your favorite music!
PRENATAL FITNESS – Specific and beneficial cardio, strength and stretching exercises for pregnant women.
*ROAD CYCLE* - Cycle class that simulates a ride through downtown or sometimes the countryside.
*RPM™* **SEE YOUTH ATTENDANCE POLICY** - is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring instructor who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within- sweat and burn to reach your endorphin high!
SILVER SNEAKERS® - 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. A chair is used for seated or standing support.
STEP - A variety of step classes are offered including: Step Blast (intense work on the bench in between step combos) Step/Ball and Step/Sculpt (30 min on the bench followed by 30 min of sculpting with the ball or weights) and mid-step (step combinations throughout the entire class) these classes are guaranteed to give you a great cardiovascular workout!
TABATA - This class offers seven to eight 20-second, all-out sprints, each separated by just 10 seconds of rest. Total time: 4 minutes with a 10 minute warm up. It will offer “Stacks” of 4 minutes workouts. This class is HIGH intensity and if done properly can cause the participant to become nauseous.
UPPER BODY & ABS - Strength training class focusing on your upper body and core.
WATER WALKERS - The water walkers class is ideal for those who have chronic medical conditions or are recovering from accidents/surgery. This class focusses on balance, muscle strength and flexibility.
YOGALATES - Get the best of yoga and Pilates in one class. Yogilates I- Beginner, Yogalites II – More advanced
YOGA (II) - This class focuses mainly on intermediate level yoga poses. Basic knowledge of yoga is encouraged.
YOGA CORE – Get the best yoga challenge with Yoga Core, as we challenge your abs, upper body, and balance!
ZUMBA® - A fusion of Latin and Hip Hop dance styles. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body

* Cycle/RPM sign ups begin 24 hours on the hour before scheduled class. Bikes are given to alternates 5 minutes before class is scheduled to begin. The direct cycle sign up phone line is (336) 721-2100.