GROUP EXERCISE CLASS DESCRIPTIONS – WILLIAM G. WHITE, JR. FAMILY YMCA

**BODY BURN** – 30 minutes of total body strengthening and conditioning using your own body weight for resistance.

**BORN TO BALANCE** – 20 minutes or learn techniques for using the feet as the base for stabilization and how to apply these techniques to specific exercises and daily activities.

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

**BARRE** – A combination of postures inspired by ballet, yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training combined with reps of small range-of-motion movements. Sculpts the muscles, strengthens the core, and improves flexibility.

**BODYATTACK®** – A high-energy fitness class with moves that cater to our total beginners as well as our total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A fabulous LES MILLS instructor will pump out some energizing tunes and lead you through this whole-body workout. Be ready to keep coming back for more. One of the best things about BODYATTACK is it improves your functional fitness—that’s the fitness that you need for everyday life.

**BODYCOMBAT®** – A high-energy martial-arts inspired workout. You’ll punch and kick your way to superior fitness and strength. It’s totally non-contact and there are no complex moves to master. A LES MILLS instructor will challenge you to up the intensity and motivate you to make the most of every round. You’ll release stress, have a blast and feel like a champ.

**BODYFLOW®** – A yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life. Bending and stretching through safe and simply yoga moves, a BODYFLOW class blends elements of Tai Chi and Pilates to strengthen your entire body. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

**BODYPUMP®** – *SEE YOUTH ATTENDANCE POLICY*– A weight class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns lots of calories. It’ll also tone and shape your body, without adding bulky muscles. The rep effect—scientifically proven Les Mills formula—is the secret to developing lean athletic muscle without the need for heavy weights.

**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 inside/outside.

**CORE BLAST** – Think boot camp for Abs!!! 30 minutes of ab strengthening exercise with intervals of heart thumpin’ cardio.

**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!

**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.

**CYCLE** – This class is a great one hour cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises.

**CYCLE EXPRESS** – 45 min intense power ride. You will feel like you have worked out for an hour. Great lunch time 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** – This class 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 TRANCE PREP CLASS** – This class will be a starter class where the steps will be broken down and members can have more individualized instruction.

**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 weight & cardio 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.

**HIIT (HIGH INTENSITY INTERVAL TRAINING)** – This class will use various forms of strength training and cardiovascular training to burn calories in a shorter amount of time as well as burning more calories post workout.

**HIIT & RUN** – High intensity interval training with body weight resistance training and cardio drills.

**HIT HOP CYCLE** – 45 minutes of great energy the Hip Hop way.
**KIDS YOGA – (5-8 YEARS OLD)**—This class uses a story to combine with yoga poses to help kids remember the poses while having fun. Children are able to follow a character’s adventure and see how they respond to daily challenges in a healthy way, all while getting their bodies stronger, improving coordination and focusing on mindful breathing.

**LAZY YOGA**—Similar to Gentle Yoga but all mat work and no standing poses. End of the week wind down!

**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. (Meet in lobby)

**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. (Short cardio segments MAY be added into the class) This class can be intense or modified to meet you where you are!

**METABOLIC EFFECT (ME)**—SEE YOUTH ATTENDANCE POLICY*—30 minute full body workout focuses on the full integration of high-intensity interval exercise, sports conditioning drills, total body weight training and full fatigue effort. Change your metabolism toward fat burning by exercising at your own level, working until failure and then restarting when you’re ready. The Rest-Based Training (RBT) technique and the combination of special hybrid movements create a workout suited to the individual.

**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!

**PI-BARRE**—Pilates meets Barre. This class blends the core-building exercises of Pilates with strength building power moves from Barre work and Yoga. Designed for all fitness levels. No dance experience required. Class designed for used w/out Barre.

**PILATES**—A body conditioning routine that helps to not only build flexibility, but also strength, and coordination in the legs, abs, arms and back. Breathing control and flexibility exercises restore balance, and improve posture and body alignment.

**PLYOLATES**—Plyolates combines plyometrics with Pilates. This class is designed to burn calories, increase strength, power, and cardiovascular health. Pilates and core exercises are incorporated into the class to strengthen the accessory muscles that support your joints and larger muscles.

**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!

**POUND/CIRCUIT**—Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, tubing, and balls are alternated with low-impact aerobic choreography and Pound choreo using sticks. A chair is used for standing support, stretching, and relaxation exercises.

**POWER FLOW YOGA**—Moderate-to-fast paced movement and breath connection while practicing yoga postures. Understanding of yoga postures and principles is essentials.

**ROAD CYCLE**—Cycle class that simulates a ride through downtown or sometimes the countryside.

**RPM**—An indoor cycling class, set to the rhythm of motivating music. It burns a lot of calories and gets you fit. Based on the sport of cycle racing, RPM uses a series of simulated climbs and sprints to create a workout where you control the intensity—it’s literally easier than riding a bike. Instructors will show you the basic cycling moves like standing up, sitting down, changing hand positions, speeding up and slowing down, You control your own resistance levels and sprint speed, so you can build your own training level up over time.

**SILVER SNEAKERS® Classic**—Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated exercises and standing support. This class can be adapted by the students depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels.

**TABATA**—This 30 minute High Intensity class offers "Stacks" of 4 minute workouts. (1 Tabata = 4 minutes) You will have 20 seconds of work followed by 10 seconds of rest. This class is HIGH intensity if done correctly.

**TAI CHI**—This class involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Benefits include increased body awareness and mental calmness while improving balance and posture.

**UPPER BODY & ABS**—Strength training class focusing on your upper body and core.

**YOGALATES**—Get the best of yoga and Pilates in one class.

**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®**—This class is designed to bring people together to sweat it on. We take the "work" out of a workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba Fitness classes are often called exercise in disguise.

* 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.

**UPDATED: 10-5-17**