Group Exercise Class Descriptions – ROBINHOOD ROAD FAMILY YMCA

BARRE & WARM BARRE is 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. Warm barre is in Hot Yoga Studio, temperature 88 degrees.

BODYATTACK® is 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. It will challenge your limits in a good way, leaving you with a sense of achievement. 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® is 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® is 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 simple 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* is a weights 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 – a scientifically proven Les Mills formula – is the secret to developing lean athletic muscle without the need for heavy weights.

CXWORX® provides the vital ingredient for a stronger body while chiseling your waist line. A stronger core makes you better at all things you do – it’s the glue that holds everything together. All moves in CXWORX have options, so it’s challenging but achievable for your own level of fitness. Trained instructors guide you through correct technique as you work with resistance tubes or bands and weight plates, as well as body weight exercises like crunches and hovers. We also include hip, butt and lower back exercises.

CYCLE - Control your own pace and get a great cardio workout focusing on endurance, strength, intervals, high intensity and recovery while using proper alignment and cycling techniques on specifically designed studio bikes.

HILL TOPPERS CYCLE- A cycle class designed for those “seasoned in life” and ready to ride! This is a 45-minute class that can be modified for all levels as you ride at your own pace. Please note priority is given to those who are 50+ years of age.

HOT 26 – *SEE YOUTH ATTENDANCE POLICY* is a sequence of postures designed to increase strength, balance and flexibility. The room is heated in order to help safely align the body, allow for deeper release and opening, and aid in detoxification. Trained instructors will help you find the exact position that is right for you. Classes are available in 60, 75, and 90 minute formats.

HOT FLOW – *SEE YOUTH ATTENDANCE POLICY* “Vinyasa” (continuous flow) style of hot yoga. This is a vigorous class, combining upper body strength, flexibility and cardio and is designed for students of all levels (beginner friendly) seeking a challenge. The room is heated in order to help safely align the body, allow for deeper release and opening, and aid in detoxification. Classes are available in 60, 75, and 90 minute formats.

HOT YOGA SCULPT--*SEE YOUTH ATTENDANCE POLICY* Hot Yoga Sculpt is a vinyasa style yoga class incorporating weights for a dynamic and challenging total body workout. The addition of hand weights in traditional sun salutations and core work adds a new challenge.

IYENGAR YOGA - Focuses on precise structural alignment of the body with the assistance of props for support and alignment. Great for those with limitations, this class can improve strength, mobility and stability. Please bring a blanket.
LES MILLS SPRINT™ is built on the science of high-intensity interval training (HIIT), using the bike as the equipment. It’s a quick 30 minute, hard style of training that returns rapid results with minimal joint impact. The short duration of a LES MILLS SPRINT workout will motivate you to push your physical and mental limits. It features bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next effort. The payoff is you burn calories for hours after a good HIIT workout.

METABOLIC EFFECT (ME) *SEE YOUTH ATTENDANCE POLICY* is a 30 minute full body workout focusing 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. This Rest-Based Training (RBT) technique and the combination of special hybrid movements create a workout suited to the individual.

MINDFUL MEDITATION Mindful Meditation begins with brief gentle movement to prepare the body for meditation. Learn classic techniques to withdrawal from external distractions, hone concentration, and discover deepening awareness and insight.

OLD SCHOOL CARDIO – Ready for an old-fashioned, low-intensity workout? Come and enjoy some good ole’ aerobics. With all the fun you’ll be having, you’ll forget how hard you’re working!

PILATES is 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.

PiYo® LIVE! Sweat, stretch, and strengthen—all in one unique workout. Using only your bodyweight, you’ll perform a series of low-impact, high-intensity Pilates- and yoga-inspired moves to work every single muscle in your body.

RESTORATIVE YOGA – Focuses on calming the body in restful poses with the assistance of props for passive stretching. The room is slightly heated to 85 degrees to aid in relaxation. Great for all levels, this class can help release stress and promote balance.

RHYTHM RIDE – is an exciting and dynamic cycle experience complete with a light show! This class is great for all cycling levels, from beginners to advance. Prepare to work your entire body and have a great time while working out.

RPM® *SEE YOUTH ATTENDANCE POLICY* is 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 all 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 training level up over time.

SENIOR CARDIO – Get up and go with an aerobics class for you—safe, heart-healthy and gentle on the joints! This class was created to keep active older adults moving at an appropriate pace and increase endurance for activities of daily living.

SH’BAM® is a fun-loving, insanely addictive dance workout. SH’BAM is an ego-free zone – no dance experience required. Just bring a playful attitude, an open mind and a cheeky smile. Your instructor will guide you through simple (yet sassy) dance moves, all set to a party playlist.

SilverSneakers® Circuit This class offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

SilverSneakers® 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 student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels.

SilverSneakers® Yoga Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

STEP INTERVAL – An interval class that mixes both the step and strength training into one awesome workout. By doing short circuits of cardio on the step, followed by strategic intervals of strength training, you will definitely leave this class feeling like you used your time efficiently to work both the heart and the muscles!
**TAI CHI** - 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.

**TOTAL BODY BLAST** - is an interval class of cardio, core conditioning and strength! Burn fat and tone your body using a variety of equipment. This class will keep your heart pounding while strengthening all your major muscle groups!

**WARM FLOW AND SLOW FLOW** - *SEE YOUTH ATTENDANCE POLICY* is a yoga class in the Hot Yoga Studio but at 89 degree temperature to allow for muscles to warm and experience a vinyasa-style yoga class.

**YIN YOGA** - is a practice that targets deep connective tissue, fascia, ligaments, joints and bone with stretches held at the edge of sensation in postures held for 3-5 minutes with muscular passivity. Please bring 1 or 2 yoga blankets to class.

**YOGA** - promotes balance in the body by developing strength and flexibility through poses, each of which has specific physical benefits. The poses can be done quickly in succession or more slowly to increase stamina and perfect body alignment.

**ZUMBA®** is designed to bring people together to sweat it on. We take the “work” out of 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.

**ZUMBA GOLD®** Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

**The NWNC YMCA Association Youth Attendance Policy:**

In an effort to ensure the safety of participants, specific group exercise classes involving speed, weights, intensity and agility, will require an age of rising high school grade (9th) or above to attend. Rising middle school students (6th grade) and above are welcome to attend group exercise classes with a parent, or without a parent after completing the Middle School and UFit Orientations, except for classes marked with an * on the descriptions page. Cycle classes are open to middle school members and older, as long as proper cycle fit can be established.