



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**Abs & Arms**-An entire strength and toning class devoted to these specific body parts.

**Aqua Boxing**- Gain muscle conditioning and cardiovascular endurance from the aerobic choreography and the resistance of the water.

**Aqua Zumba**-blends the **Zumba**<sup>®</sup> philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

**BodyMaX**- is now easy to get involved with so start toning up and improving your body's fitness levels and endurance now. Using weights and listening to music can help you increase your muscle strength, endurance and fitness so why sit about waiting when you can get out there and gain all the advantage of a fantastic workout as well as a lot of enjoyment

**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.

**Hit the Floor**-The class that will sculpt, tone, and strengthen your entire body by combining low weight loads with high repetition movements , which is all done on the floor.

**Hip Hop Cycle**- It incorporates a high energy of hip-hop music with body changing movements on the Cycle bike. The time will fly by, and before you know it, you will have completed a full-body workout.

**Soul Line Dancing**-Dancing is a unique form of exercise because it provides the heart-healthy benefits of an aerobic exercise while also allowing you to engage in a social activity.

**Metabolic EFX**<sup>®</sup> -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.

**Praise Kraze**- is a Christ-centered group fitness class that combines aerobics, toning and cardio. For 45 minutes you will dance, worship, clap, praise and sing while you tone and sweat to music by traditional and contemporary Christian artists! Expect an excellent workout MINUS the secular undertones, suggestive movements and questionable lyrics found in some popular group fitness classes today.

**Rock the Bell**-This 45 minute class will give fast results for strength, endurance and muscle toning by challenging both the muscular and cardiovascular systems with dynamic, total body movements.

**WINSTON LAKE FAMILY YMCA**

901 Waterworks Road, Winston-Salem NC 27101

P 336 724 9205 F 336 724 7754 [www.winstonlakeymca.org](http://www.winstonlakeymca.org)

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



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**Sliver Sneaker** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**STRONG**- Strong by Zumba combines high intensity interval training with the science of synced music motivation. In every class music and moves sync perfectly to push you beyond your limits. Come join us for a STRONG Express class. In 45 minutes you will sweat, push and feel accomplishment when that cooldown song starts.

**Tai Chi for Arthritis**- It is a form of moderate slow-motion exercise, a type of moving meditation, and a system of martial art. The movements can be adapted for various degrees of relaxation or rigorous exercise, depending on the needs of the practitioner. Health benefits include stress relief and improved balance.

**Total Body**-Complete and total body workout, utilizing resistance and cardio training, which masterfully combine of Resistance (bands, dumbbell and Kettlebells) , Intervals, Power, Plyometrics, Endurance - all components of R.I.P.P.E.D. will help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective.

**Water Fitness**- Come join us in the Pool. The decreased force of gravity enables you to get a workout without stressing the joints and back, but will give you the aerobics to promote muscle flexibility and joint mobility. You will also be burning the same amount of calories, while your heart does not work as hard.

**Yoga**-A non-impact total body class focused on flexibility, strength, coordination and balance. Can be modified for all levels. It is a dynamic yet gentle style of yoga stretches that emphasizes the body awareness and coordinating movement with breath. Take time to stretch tight muscles and relax...you deserve it!

**Zumba**- A cardiovascular class, designed to get you moving to a latin and international beats. The "Feel Good Class." Before you know it, you're getting fit and energy levels are soaring! All levels.

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