



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

## **GROUP EXERCISE CLASS DESCRIPTIONS**

**BODYPUMP®** \*SEE YOUTH ATTENDANCE POLICY\* is 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 – a scientifically proven Les Mills formula – is the secret to developing lean athletic muscle without the need for heavy weights.

**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.

**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.

**AMPD POWERFLOW** This program, fuses together kettlebells, resistance bands, and **yoga** inspired movements.

**CYCLE/Core-** 30 minutes of cycle intervals and drills that give you an exhilarating cardiovascular workout. 15 Minutes of Core work

**HIP HOP** -Burn up the dance floor and burn calories too! All levels welcome! So fun it's like a night on the town!

**FITNESS MAYHEM-** This class lets you push your limits with intervals of full body strength work combined with cardio bursts, and plyometric Moves

**KETTLEBELL AMPD** \*SEE YOUTH ATTENDANCE POLICY\* is geared to increase functional strength, cardiovascular ability and flexibility with the specific use of KETTLEBELLS. KETTLEBELLS will engage the entire body with specific exercises emphasizing the core.

**TOTAL BODY BLAST** This class increases core and muscular strength, along with cardio endurance.

**PILATES** - Strengthens and lengthens core muscles. Breathing control and flexibility exercises are used to restore muscular balance, improve posture, body alignment and overall strength.

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

**SILVERSNEAKERS® YOGA-** SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely 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.

**YOGA** - Concentrates on improving balance, flexibility, relaxation, and breathing techniques. Each class uses breathing and stretching exercises while incorporating a relaxation phase at the end to enhance stress reduction.

**ZUMBA®** - A fusion of Latin and International music that create a dynamic, exciting fitness program. It is a mixture of body sculpting movements with fun, and easy to follow dance steps.

**Classes are open to all fitness levels. Let the instructors know before class if you need modifications to help accommodate limitations and maximize your personal workout. We are here to help you reach your goals! \*In an effort to ensure safety, specific Group Exercise classes involving weights or intensity will require participants to be rising 9<sup>th</sup> graders (High School) or above to attend. These classes are marked with an asterisk (\*) on the Class Descriptions and Class schedules. We will make every effort to let you know when instructor substitutions will occur**

### **DAVIE FAMILY YMCA**

215 Cemetery Street, Mocksville NC 27028

P 336 751 9622 F 336 751 9420 [www.davieymca.org](http://www.davieymca.org) A United Way Agency

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



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