



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

**BODYPUMP™ \*SEE YOUTH ATTENDANCE POLICY\*** the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

**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, 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.

**BODYJAM™** is the ultimate mix of music and dance!

**TONE™:** is a crosstraining workout with the perfect mix of cardio, core and strength.. Developed by a team of leading fitness professionals, TONE™ is one of the safest and most effective workouts around. We mix lunges, squats, running and tubing exercises, with great music to leave you feeling satisfied, motivated and energetic.

**CXWORX™** hones 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:** This class is great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises.

**Joy Riders** Designed for those "seasoned in life" and those new to cycle! This is a 30 minute interactive class.

**Hi/Lo** A traditional aerobics class combining hi and low impact movements. 45 Minutes

**HIIT:** \*SEE YOUTH ATTENDANCE POLICY\* High Intensity Interval Training- Cardiovascular training that combines intervals of MAXIMUM effort followed by recovery. These classes mix up the timing variations and will Always take you to your max.

**Flow Yoga:** Sun Salutations! Emphasis is on movement and breathing. This class moves at a moderate to quick pace one movement/one breath flowing from one pose to the next. Bring water.

**Gentle Yoga:** This class will focus on breathing to relax and relieve stress. Stretching of different muscle groups will improve flexibility.

**Kid Fit** (5-8 year olds) Come play, work, dance and have fun in this class designed to keep kids active and develop strong, healthy bodies. We will use music as we move around the room to various stations/activities.

**Restorative Yoga** active relaxation: this class is an extremely gentle approach to yoga, which helps cleanse the body and mind while supporting the body with blankets and/or props. This is an excellent class for beginners or individuals with illnesses or injuries.

**SilverSneakers® Circuit** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

**SilverSneakers® Classic** 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 SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**SilverSneakers® Stability** is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time

**STOKES FAMILY YMCA**

105 Moore Road, King NC 27021

P 336 985 9622 F 336 985 3976 [www.stokesymca.org](http://www.stokesymca.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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**Spivi Cycle** is a simulator system that runs professional indoor cycling programs, providing you real-time performance analysis

**STRONG By Zumba™** is a High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition. In a STRONG by Zumba™ class, music is the key element.

**Tai Chi** is a great way to reduce stress. Originally developed for self-defense, Tai Chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Tai Chi promotes serenity through gentle, flowing movements.

**Zumba** is a fusion of Latin and International music put to routines featuring aerobic and fitness interval training. Learn new dance steps while getting a great dynamic core workout. Zumba® is a Latin-inspired cardio-dance workout that uses music and choreographed steps to form a fitness party atmosphere.

**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.

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