



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

Group Exercise Class Descriptions – JERRY LONG FAMILY YMCA

***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. Sculpt the muscles, strengthens the core, and improves flexibility.

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 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.

Cardio Dance Party is a variety of dance formats with high energy music that will burn calories and make your workout fun! If you can move, you can groove!

Cardio Fusion is a total body workout "infused" with cardio & strength training. All strength training will use resistance tubing and varied core work packed in a 45 minute class.

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.

***Joy Riders** is a 45 minute interactive ride for those "seasoned in life". Priority goes to 50+years of age with class sign-up and attendance.

****LES MILLS GRIT® Cardio** *SEE YOUTH ATTENDANCE POLICY* is a 30-minute high-intensity interval training (HIIT) workout that will improve cardiovascular fitness, increase speed and maximize calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. LES MILLS GRIT Cardio is scientifically proven to work and the exercises are simple to execute and easy to follow. It will push you to your limits, allow for optimal recovery and then push you again even further. LES MILLS GRIT Cardio takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

***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.

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.

JERRY LONG FAMILY YMCA

1150 S Peacehaven Road Clemmons, NC 27012

P 336 712 2000 F 336 712 2005 www.jerrylongymca.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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***RPM®** 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 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.

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® 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® 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.

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 Sculpt – A total body workout utilizing a variety of resistance equipment to strengthen and tone major muscle groups.

***Weekend Cruiser** is a 45-minute interactive ride with the emphasis on fun!

Yoga Hatha yoga, emphasizing proper alignment, breathing, relaxation and meditation.

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 YMCA of NWC 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. These classes are marked with an * on the descriptions page.

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.

*All classes in Cycle studio and Barre classes require sign up, sign ups begin 24 hours on the hour before scheduled class (except Sundays are 12pm).

Bikes/spaces are given to alternates 5 minutes before class is scheduled to begin. The direct cycle/barre sign up phone line is (336) 245-5839.

**GRIT® requires a \$10 fee for anyone not currently registered in an 8 week GRIT® session, see front desk.

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