



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

GROUP EXERCISE CLASS DESCRIPTIONS

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.

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 Fusion a total body workout "infused" with cardio & strength training.

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

Hip Hop burn up the dance floor and burn calories, too! All levels welcome! So fun it's like a night on the town!

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.

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.

KETTLEBELL *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.

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.

P90X® LIVE! is a 30 minute total-body, cardio, and strength training class that uses body weight as well as dumbbells and resistance tubing. A sequence of blocks may include: lower body, upper body, cardio, and core. Warm up and cool down included-no time wasted. This class is fast moving, hard-hitting workout.

YADKIN FAMILY YMCA

6540 Service Road, Yadkinville NC 27055

P 336 679 7962 F 336 679 7983 www.yadkinymca.org A United Fund Agency

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



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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.

TRX® Suspension training bodyweight exercise develops strength, balance, flexibility and core stability. The TRX strap leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance.

Yin Yoga is a practice that target 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.

ZUMBA® is a Latin-inspired cardio-dance workout that uses music and choreographed steps to form a fitness party atmosphere. While many of the types of dance and music featured in the program are Latin American inspired, classes can also contain everything from jazz to African beats to country to hip-hop and pop.

ZUMBA® KIDS this class features kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure.

The YMCANWNC 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.

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