



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE CLASS DESCRIPTIONS

Body Shop: Focuses on a strength centered workout, using strength equipment including the Body Bar, resistance tubing & bands, and dumbbells. You'll tone muscles, build strength and endurance, and have fun!

Cardiac Wellness: Cardiac Rehabilitation Nurse, Nancy Handeland, from the Auburn Regional Heart Care Center will monitor exercise to ensure safety, build confidence and support you in leading a healthy lifestyle. Blood pressure, heart rate and other assessments may be conducted as needed. Sessions include cardio, strength and a variety of group activities.

Cardio and Strength : This high-energy class includes both strength training and aerobic exercise, and may use a step. Modify or intensify as needed.

Children's Ballet : Ages 3-6. Your child will gain body awareness, strength, grace and poise along with the basic techniques of ballet. The main purpose is to inspire the love of movement with fun routines and uplifting instruction. \$30/month FM ; \$50/month PM.

Circuit Training: It's a complete workout in one class! This unique format alternates timed intervals of strength and cardio segments, in a group or with rotating stations.

Core Strength: Increases stability and balance by targeting the muscles of the abs, back, legs and other major muscle groups using a variety of equipment and techniques.

Creative Movement : A great way for children to express themselves through movement and learn more about their own creativity. Parent participation suggested.

Group Cycling : Simulating various terrains on a stationary bike is an amazing non-impact cardio workout. Since you control the bike tension, the class can be done at many fitness levels. Please arrive 10 minutes early so you have time to adjust your bicycle and warm up.

Senior Cycling : A low intensity, go at your own pace cycling class. Perfect for seniors or others who want the cardio benefits of indoor cycling but may not feel ready for a regular class. Class is 30 minutes.

Karate: Martial Arts are a physical discipline shaped by East Asian philosophical concepts. Focus is on increasing physical fitness, building self-confidence, and respect for self and others. This class offers a variety of techniques with the focus on blocks and strikes. Register at the front desk. \$30/mo FM ; \$53/mo PM.

Pilates: This class is designed to increase core strength and flexibility. Series of movements are linked with the breath and performed from a sitting, reclining, or standing position and may include equipment such as stability balls, resistant bands, and weights.

SilverSneakers® Cardio Circuit : Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Up-

per body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. Chairs offered for support & stretching.

SilverSneakers® Muscular Strength & Range of Movement (MSROM) Move to the music through a variety of exercises designed to increase strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for support.

SilverSneakers® YogaStretch : Move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Sports Conditioning : An intense workout involving interval training, strength, balance, agility and cardiovascular fitness. Various equipment will be used and the format will change often, but the fun will stay the same! held in either the multi-purpose room (MPR) or gym.

Step: Movements performed on and off an adjustable step. Intensity determined by speed, travel patterns and choreography.

Step 101: Step class is designed for the beginner exerciser. Class format utilizes a platform and provides basic/simple patterns that incorporate lower intensity movements and simple choreography.

Strength & Stretch: Encompassing a wide variety of exercises including balance work, strength & flexibility training, and core work.

Tai Chi : A martial art that uses slow movements to promote health, circulation and relaxation. It concentrates on breathing, core muscle strength, and harmony of the mind, body and spirit. This class is suitable for all levels.

Turbo Kick@: A combination of intense kickboxing moves and dance moves all choreographed to high energy and motivating music. Turbo kick offers a unique blend of intense intervals, strength/endurance training, and a relaxing cool-down.

Yoga: An ancient practice that uses a combination of relaxation, breathing techniques and exercise to combat stress, help circulation and movement of the joints. It can be practiced by anyone to achieve greater health.

Beginning Yoga focuses on learning proper alignment to practice safely and effectively and introduce the newcomer to the wonderful benefits of yoga for mind, body and spirit.

Therapeutic Yoga is a special class for those recovering from injury or illness or those wishing to experience restorative yoga. \$20/mo Facility Members ; \$40/mo Program Members.

Zumba@: Zumba is a Latin-inspired dance fitness class designed for everyone at any age, any background and any fitness level. No dance background required.

AUBURN VALLEY YMCA

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Everyone is welcome. Financial assistance is available. The **YMCA of Greater Seattle** strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.