



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

HEALTH & WELL-BEING

Class/Program Descriptions

WEST SEATTLE & FAUNTLEROY YMCA

LAND AEROBIC CLASSES

101 CLASSES

Introductory level classes for those new to exercise or returning to exercise.

STEP

Aerobics performed in a choreographed routine by stepping up onto and down from a portable platform. The routine is set to music and intensity level determined by the speed and travel pattern.

STEP/INTERVAL

Aerobics involving alternating choreographed low intensity step routine with a high intensity routine using a variety of exercise formats.

OUTDOOR BOOT CAMP

Basic workouts using low weights & high repetitions to overload the muscles and increase the heart rate. A high intensity class designed to build strength and endurance. Meets outside at the totem pole on 35th rain or shine.

INDOOR BOOT CAMP

An athletically inspired workout, this indoor Boot Camp will give you high intensity cardio intervals interspersed with strength and conditioning designed to tone and sculpt your body. Add this full body workout to your current routine or jump start your new fitness goals with this fun and supportive group.

CARDIO SALSA

A high/low impact class appropriate for all fitness levels. Aerobics to popular Latin and South American music.

CARDIO VARIETY

For those who like to do it all! Cardio variety may include, hi/low aerobics, dance aerobics, boot camp drills and cardio kickboxing along with strength and stretch segments.

CARDIO STRENGTH

A high intensity class which focuses equally on cardio and strength conditioning. Stretching included.

GROUP CYCLE

Instructor led indoor cycling class using stationary bikes. With music, the workout involves alternating high intensity with low intensity recovery periods. Participants are to pick up a class card at Service Center up to 30 minutes prior to class.

RUN/WALK GROUP

Runners and walkers of all abilities join together for a local, outside run/walk of varying routes and distances. Meet in WS Y lobby.

WATER AEROBIC CLASSES

DEEP WATER AEROBICS

A "no" impact aerobic workout in the deep (6') end of the pool. Participants wear flotation belts while working out. An alternative aerobic exercise for those with foot, ankle, knee and hip issues. Class includes strength and conditioning.

SHALLOW WATER AEROBICS

Low impact aerobic workout in the shallow end of the pool (3' - 4'). Fun water equipment used for resistance and strength conditioning.

COMBO WATER AEROBICS

Enjoy the benefits of a shallow and a deep water workout. Use the full length of the pool for travel & transition. Class includes strength and conditioning.

AQUA JOGGING

Water resistance gives you a great "NO" impact aerobic workout in the deep (6') end of the pool. Participants wear a float belt as they "jog" in the water. A great program for injury recovery.

PRENATAL/POSTPARTUM WATER AEROBICS

Water supports participants as they move through a variety of aerobic movements designed to provide a low impact aerobic workout. A comfortable social and educational environment for the mother-to-be and new mother.

STRENGTH AND CONDITIONING CLASSES

STRENGTH CONDITIONING

Strength training exercises in a group setting using a variety of equipment including dumbbells, body bars, weighted balls, balls and the BOSU and/or step.

ABS AND BACK

A class that focuses on strengthening the abdominal and back muscles by using a wide variety of floor exercises.

DANCE CLASSES

AEROBIC DANCE

Dance based movements are performed to high-energy music for a challenging cardiovascular workout.

FREESTYLE AEROBICS

Easy to follow workout using a variety of dance steps and creative movement patterns which are choreographed to fun and energizing music. Individuals are encouraged to use personal "Freestyle" movement for an aerobic workout.

NIA

A body-mind-spirit fitness and lifestyle practice. Through expressive movement you'll be empowered to achieve physical, mental, and spiritual well-being.

ZUMBA®

A fusion hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness class. Participants achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Saturday Zumba class is great for families!

MIND/BODY CLASSES

YOGA

The term "yoga" comes from a Sanskrit word meaning "union." Yoga combines physical exercises, mental meditation, and breathing techniques to strengthen the muscles, increase flexibility and relieve stress. **Must bring your own mat.***

YOGA FOR EVERYBODY

This gentle class offers a combination of movements that flow together with sustained stretches. There is close attention to body alignment and refinement of yoga postures. Participants learn to connect breath with movement achieving a deeper level of body awareness. **Must bring your own mat.***

MEDITATION

Deepen your yoga practice or just learn relaxation through silent and guided meditation. Experience mindful awareness of the breath and the moment. **Must bring your own mat.***

WEST SEATTLE YMCA

4515 36th Ave SW, Seattle, WA 98126
P 206 935 6000 westseattleyymca.org

FAUNTLEROY YMCA

9140 California Ave SW, Seattle, WA 98136
P 206 937 1000

PILATES REFORMER

Classes are taught in small group setting (up to 5 students) in our Pilates Studio. The workouts are performed utilizing specially designed equipment, a reformer and a half trapeze. Exercises performed on this equipment are especially good for those with joint issues and for those who suffer from chronic back pain. For more information contact Sue Murray smurray@seattleyymca.org \$\$

PILATES MAT

In mat class participants learn a series of exercises performed from a sitting, reclining or standing position. Small equipment such as stability balls, foam rollers and Pilates hoops are used to vary the exercises.

KARATE

Kids through adults, ages 7 and up, will learn the ancient traditional Korean Martial Art of Tang Soo Do. Classes include basic blocks, strikes, kicks, Hyungs (forms), self defense and sparring. Children learn conflict avoidance while participating in fun, fast paced drills. \$\$

SENIOR CLASSES

AOA EXERCISE

Classes designed to improve the quality of life for participants 50 and up, with appropriate and regularly scheduled exercise. In addition, classes provide a warm, welcoming, and social environment which is motivating and fun.

SILVER SNEAKERS®

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

ARTHRITIS CLASSES

TAI CHI FOR ARTHRITIS®

This program was designed in 1997 by Dr. Lam and is based on Sun style Tai Chi. This is an easy to learn style which is safe and effective. The program includes warm-up, wind-down, Qigong exercises, special precautions and a set of 12 Tai Chi movements. Sun style is especially beneficial for arthritis because it contains powerful Qigong exercises to enhance healing and agile steps to improve mobility. Instructor is certified by the Arthritis Foundation. For more information go to taichiforarthritis.com

ARTHRITIS FOUNDATION YMCA AQUATIC CLASSES®

This class is designed for those with limited movement. The program consists of very mild water exercises, emphasizing range of motion and strength. Instructor is certified by the Arthritis Foundation. For more information go to arthritis.org

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.