

UNIVERSITY FAMILY YMCA FITNESS CLASS DESCRIPTIONS

Belly Dance is a fun, beautiful, Middle Eastern art form that celebrates bodies of all types, with an emphasis on fitness, abdominal control, hip and chest isolation, proper posture, and relaxation through stretching. If you have hips & the desire to move then you can dance. Come for the 1st hour to learn Belly Dance basics (including a warm-up, stretching & strength) or stay for the whole 1½ hours to apply what you've learned to more advanced choreography.

Dance Conditioning Increase strength, balance and flexibility using dance conditioning techniques to develop long, lean muscles. No dance training necessary.

Body Shop is a fun class focusing on a strength-centered workout that uses strength equipment, including the Body Bar, resistance tubing & bands, and free weights. You'll bring more muscle definition to the body, build strength and endurance. Balance, core strength and endurance are emphasized. All levels.

Core Strength increases stability and balance by targeting the muscles of the abs, back, legs and sometimes other major muscle groups using a variety of equipment and techniques, including mats, weights, bands, and balls.

Free to Be Fit[®] is aerobics for large women, taught by a large woman! In Free to Be Fit, the environment is designed to be safe, judgment-free, and fun, so participants can enjoy pleasure-based movement.

Hi/Lo is a cardiovascular workout using high- and/or low-impact aerobic movements performed in fun and challenging combinations, and includes strength training for all levels of exerciser.

Cardio Kickbox is a fun, challenging aerobic workout that uses athletic movement patterns derived from the sport of kickboxing, and provides a high-intensity workout.

Jump n Pump includes 30 minutes of challenging cardio work using different combinations of jump rope skills. Cardio is followed by core/abdominal/back strength exercises. Be ready to work and laugh at the same time!

Kids' Corner & Kids' Gym are available for kids age 6 months to 5 years, Monday through Friday. Visit the Kids' Corner room, located across the hall from the Pocock room, for details.

Pilates Mat is a system of stretching and strengthening exercises that work the deeper muscles to achieve efficient and graceful movement, improve alignment and breathing, and increase body awareness. Pre-registration is required for this fee-based class.

Personal Training: One on one personal training session with a certified trainer. Our caring trainers want to help keep you motivated and on track with your unique workout. Pre-registration is required for this fee-based class

Silver Sneakers I[®] - **Muscular Strength & Range Of Movement** – 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, and balls are offered for resistance. A chair is used for seated and standing support.

Silver Sneakers II[®] - **Cardio Circuit**—Combine fun and 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 ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

Stretch and Relax -Using deep and mindful stretching, this class incorporates movement informed by yogic breathing, allowing the body to gently release tension and gain flexibility.

AOA Yoga- focuses on improving body functionality for everyday living. Chairs, blocks, straps, bolsters, and blankets are used to create stability and more openness in the yoga posture.

Step aerobics provides a cardiovascular workout at a variety of impact levels. Participants use a combination of stepping patterns that are performed at a slower speed of music than in the Hi/Low class. Step classes are suitable for a variety of fitness and age levels because participants use a platform that can be adjusted to different heights. Classes include warm-up, stepping, strength conditioning, and stretching.

- **I:** beginner classes use fewer combinations and much repetition of each movement pattern to allow for an easy transition into the world of Step.
- **II:** intermediate classes may have less repetition and more complex movement patterns. The level of intensity is always up to you.
- **III:** advanced classes use the most intricate movement patterns and cover the most material in one class. Experienced steppers only!

Tai Chi is 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. First class observation recommended.

Yoga classes are taught in a variety of styles and focus on spinal alignment while developing flexibility, strength, stamina, and balance. Yoga will enhance any fitness program and can help manage stress. (Please meet with the instructor prior to taking any advanced level yoga class.)

Terra - Iyengar yoga, **Bev** - Hatha yoga. **Jubilee's** style is eclectic and flow. **Marni's** style is eclectic with a blend of asaha (body), Pranayama (breathwork) and meditation. **Daniel** - Hatha Yoga, **Maya**- Kripalu Yoga.

Cherie D- Hatha Yoga

Express Fitness Class. In thirty minutes or less you can experience all the positive benefits of a great workout.

AOA –Active Older Adults: These classes are specifically designed for older adults

Flavor of the Season is a new exercise format offered for 2-3 months at a time. Member feedback appreciated!

Please note that classes may change or be canceled without notice due to situations beyond the fitness department's control.

