



GROUP EXERCISE CLASS DESCRIPTIONS

Effective April 2018

Meredith Mathews YMCA

<p>AOA (Active Older Adult)</p> <ul style="list-style-type: none"> • Ab Lab/Stability Ball: Increase stability and balance by targeting the muscles of the abs and other major muscles. • Circuit: Increase stamina and strength with a standing circuit workout. Light weights and non-impact aerobic exercises are alternated in this fun workout. Chairs are offered for support, stretching, and relaxation exercises. • Stretching: Stretch your muscles, calm your mind, help with injuries, and soothe tension. Open to all levels.
<p>Aqua</p> <ul style="list-style-type: none"> • Fitness: Exercises performed in shallow water for an aerobic and strength training workout. • Fitness Deep: Using a belt or noodle to assist flotation, this zero-impact workout is great for all levels. Highly recommended to bring your own flotation belt.
<p>Barre Low-impact, full-body workout that combines ballet-based movements, weight conditioning, core-focused exercises, and stretching.</p>
<p>Boot Camp Get your extreme workout with extreme music! Dial up the adrenaline with heart-pumping and strength-building activities.</p>
<p>Cardio Kickboxing Punch, kick, and block your way to greater fitness in this high-energy class with challenging cardio intervals.</p>
<p>Cardio Strength Join this high energy class for strength training and aerobic exercise.</p>
<p>Circuit Training This format includes timed intervals of strength and cardio segments with rotating stations.</p>
<p>Cycling</p> <ul style="list-style-type: none"> • All Levels: Enjoy an energizing ride through hills and flat terrain, simulated by different levels of resistance. • Circuit: Combine your cycling with bursts of strength training for a total body workout. • Hip Hop: High intensity training on the bike, alternating with hip hop dance movements. • Power Pedal: High intensity interval training for intermediate to advanced cyclists.
<p>Dance Fitness Dance-inspired cardio fitness class for everyone.</p>
<p>Express Core Strength Increase stability and balance by targeting the muscles of the abs, back, legs, and other major muscle groups.</p>
<p>HIIT</p> <ul style="list-style-type: none"> • HIIT: Moderate intensity intervals are alternated with high intensity intervals for a full body workout. • HIIT & Abs: Same as HIIT but with a focus on the abs for the last portion of the class.
<p>Hi Lo Aerobics Strengthen your heart and lungs with this vigorous workout. This class is for all levels.</p>
<p>Kids Hip Hop A fun hip hop-inspired dance class.</p>
<p>Line Dancing Learn the popular line dances of the past and present. A fun way to dance socially without a dance partner.</p>
<p>Mat Pilates This class is designed to increase core strength and flexibility.</p>
<p>Strength & Balance Use a variety of techniques to increase balance through various strength moves.</p>
<p>Strength & Conditioning Focus is on strength training, utilizing resistance to build strength and endurance.</p>
<p>Tai Chi A system of exercises intended to promote mental focus, physical strength, and balance.</p>
<p>Yoga</p> <ul style="list-style-type: none"> • 101: Get an introduction to basic yoga poses at a comfortable place for beginners. • All Levels: This method of yoga practice integrates both body and mind through safe alignment. • Gentle: Traditional yoga poses are modified with an emphasis on a slower pace. Relaxing and energizing. • Flow: This class strives to maintain awareness and focus on the breath while moving through a series of postures. • Form II: This is an intermediate/advanced version of Yoga 101. • Restorative: A passive style of yoga with longer hold times. Allows for deeper relaxation and calmer mind. • Yin: A gentle yoga practice in which poses are held for 2-5 minutes allowing joints and fascia to release.
<p>Zumba</p> <ul style="list-style-type: none"> • Zumba: A Latin-inspired dance class! Have fun and get a great cardio workout. No dance experience needed. • Zumba Gold: Just as fun as Zumba, but not as fast. Great for beginners!

