



# GROUP EXERCISE CLASS DESCRIPTIONS

Effective February 2018

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