



# GROUP FITNESS

## CLASS DESCRIPTIONS

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### CARDIO & STRENGTH

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<b>Upper Body Sculpt</b>	Strengthens your shoulders, triceps, biceps, upper back, and chest using dumbbells, body weight, and/or a weighted bar. Core included!
<b>Lower Body Sculpt</b>	Strengthens your glutes, quadriceps, hamstrings, abductors, and adductors. Core included!
<b>Dance &amp; Burn</b>	This is not Zumba. Find your groove while learning the proper steps and techniques of dance rhythms, such as Salsa, Merengue, Bachata, Regueaton, and Cumbia.
<b>HIIT</b>	High-Intensity Interval Training (HIIT) is a training technique which alternates brief speed and recovery intervals to increase overall intensity of your workout.
<b>Y Core</b>	Target your entire core with this focused class!
<b>Y Cycle</b>	Improves your heart health and boosts your muscle endurance through a challenging indoor ride!
<b>Yogalates</b>	Combines the best of yoga and traditional Pilates to lengthen, strengthen, and relax.
<b>Zumba (Basic)</b>	Light, perfect cardio for those looking to feel the burn, sweat, and tone through dance

### STRENGTH

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<b>TBS</b>	Total Body Sculpt (TBS) utilizes all forms of equipment to sculpt and develop all the muscles of the body through a total body strength training workout.
<b>Y Power</b>	Focuses on advanced movements to increase strength and power through conditioning work. This class meets is conducted both inside and outside and utilizes various forms of equipment.
<b>Y Strong</b>	Challenges the total body through a training workout utilizing an adjustable barbell, weight plates, and body weight. Great if you enjoy classes like Body Pump or ST2!

### LOW-IMPACT

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<b>Balance &amp; Fit</b>	Consists of various activities to gain strength and improve balance. Classes are intended to be completed without the use of a chair.
<b>Fit-4-Ever</b>	Focuses on total body and core strength. Ideal for seniors to improve overall flexibility, strength, balance, and stability. May be done seated or standing.
<b>Functional Fit</b>	Trains your muscles to work together and prepare them for daily tasks. Ideal for seniors looking to simulate common movements you might do at home, work, or athletics.
<b>Pilates</b>	Consists of low-impact flexibility and muscular strength and endurance movements while emphasizing proper postural alignment, core strength, and muscle balance.
<b>Silver Circuit</b>	Utilizes standing upper and lower body strength training movements while alternating low-impact cardio. May be done seated or standing.
<b>Silver Classic</b>	Moves to the music through a variety of exercises designed to increase strength and range of motion. (chair-based class)



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### MIND & BODY

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#### **Chair Yoga**

Integrates postures, breathing, and relaxation and is suitable for most people all from the comfort of a chair. (chair-based class)

#### **Yin Yoga**

Targets the connective tissues that are normally not exercised in a more active style of asana practice. Yin Yoga is a slow-paced style of yoga which holds poses for longer periods of time than in other styles.

#### **Yoga Flow**

Utilizes a variety of traditional yoga poses -appealing to all fitness levels. Be prepared to perform both standing and floor poses while improving balance and flexibility.