



GROUP FITNESS

CLASS DESCRIPTIONS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CARDIO & STRENGTH

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| Upper Body Sculpt | Strengthens your shoulders, triceps, biceps, upper back, and chest using dumbbells, body weight, and/or a weighted bar. Core included! |
| Lower Body Sculpt | Strengthens your glutes, quadriceps, hamstrings, abductors, and adductors. Core included! |
| Dance & Burn | 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. |
| HIIT | High-Intensity Interval Training (HIIT) is a training technique which alternates brief speed and recovery intervals to increase overall intensity of your workout. |
| Y Core | Target your entire core with this focused class! |
| Y Cycle | Improves your heart health and boosts your muscle endurance through a challenging indoor ride! |
| Yogalates | Combines the best of yoga and traditional Pilates to lengthen, strengthen, and relax. |
| Zumba (Basic) | Light, perfect cardio for those looking to feel the burn, sweat, and tone through dance |

STRENGTH

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|-----------------|--|
| TBS | 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. |
| Y Power | 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. |
| Y Strong | 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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| Balance & Fit | Consists of various activities to gain strength and improve balance. Classes are intended to be completed without the use of a chair. |
| Fit-4-Ever | Focuses on total body and core strength. Ideal for seniors to improve overall flexibility, strength, balance, and stability. May be done seated or standing. |
| Functional Fit | 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. |
| Pilates | Consists of low-impact flexibility and muscular strength and endurance movements while emphasizing proper postural alignment, core strength, and muscle balance. |
| Silver Circuit | Utilizes standing upper and lower body strength training movements while alternating low-impact cardio. May be done seated or standing. |
| Silver Classic | 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

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.