



GROUP EXERCISE CLASS DESCRIPTIONS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CARDIO & STRENGTH

Dance & Burn	<i>GROOVE</i> and <i>LEARN</i> the steps of Salsa, Merengue, Bachata, Regueaton, and Cumbia dance.
Y Stretch	Thirty Minutes of deep stretching. <i>Improve your mobility and feel better.</i>
Y Cycle	Improve <i>HEART HEALTH</i> and muscular endurance through a challenging indoor ride.
Yoga Stretch	The best of <i>YOGA</i> and <i>PILATES</i> in one class. Lengthen, strengthen and, above all, relax.
Zumba (Basic)	<i>Tone</i> up and burn <i>TONS</i> of calories. All to <i>GREAT</i> music, and with <i>GREAT</i> people.
HIIT Boxing	<i>FIGHT THE FLAB</i> and increase your calorie burn with this high intensity boxing circuit.
XYZ	A mix of class formats that will rotate each week. The formats include Circuit (timed interval moves), Basic Bench and Strength & Stretch. All classes are low/moderate intensity, low impact and provide functional fitness for all levels.
Zumba	Fast pace, High Intensity dance to the music. <i>Tone</i> and <i>burn</i> and enjoy <i>FUN!</i>

STRENGTH

Y Strong	<i>DIG DEEP</i> , discover your <i>STRENGTH</i> , and embrace the cool down of this full body workout with an adjustable barbell and weight plates.
Hybrid Fitness	<i>MAXIMIZE</i> results at <i>ANY</i> level of fitness with this combo class of <i>STRENGTH</i> and <i>CARDIOVASCULAR</i> training.

LOW-IMPACT

Balance & Fit	Perform selected movements that improve <i>STRENGTH</i> , <i>BALANCE</i> , and <i>ENDURANCE</i> . Class is to be completed without the use of a chair.
Fit – 4 – Ever	Improve overall <i>FLEXIBILITY</i> , <i>STRENGTH</i> , <i>BALANCE</i> , and <i>STABILITY</i> . May be done seated or standing.
Functional Fit	Prepare your muscles for <i>DAILY TASKS</i> by performing simulated movements you might do at home or work. Class utilizes a chair.
Pilates	Perform low-impact flexibility, muscular strength and endurance movements while emphasizing <i>PROPER POSTURAL ALIGNMENT</i> , core strength, and muscle balance.



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MIND & BODY

- Power Chair Yoga** Integrates POSTURAL WORK, BREATHING, and RELAXATION all from the comfort of a chair.
- Yoga Fit** Participate in a more ACTIVE VINYASA yoga flow; holding a series of challenging poses for longer periods of time to improve strength and flexibility.
- Yoga Flow** Practice MINDFULNESS with a SLOW PACED, HATHA yoga flow that will improve your strength and flexibility through a series of challenging poses.
- Morning Mobility** *Strengthen* your mobility and balance. *Relax* and *enjoy* the slow pace stretch.