



## **CLASS DESCRIPTIONS:**

**HIGH-INTENSITY INTERVAL TRAINING (H.I.I.T)**- An exercise strategy intended to improve performance with short training sessions. HIIT is a form of cardio which is beneficial to burning fat in a short and intense workout. Level 1 is for the advanced participants and Level 2 is for new participants or those looking for less running and a scaled down workout.

**H.I.I.T - CARDIO KICKBOXING**- HIIT it hard in the 50 minute boxing routine. This class incorporates full-body strength training and conditioning during 10 rounds of 5 minute intervals of boxing inspired drills and strength exercises.

**CARDIO FUSION**- This class is packed with cardio, (including floor aerobics, step aerobics, Zumba, and batuka) weights, core work, and stretching. Perfect for all fitness levels.

**PILATES PLUS**- This mind and body conditioning class offers Pilates+ plus yoga, BARRE, power yoga or basic stretching and balance exercises. Class can be any combination of these exercises and will strengthen your core, elongate your muscles and increase your overall balance and flexibility.

**FOREVER FIT** - For active older adults who are ready for both strength and cardio exercises. Strength exercises will focus on upper body, lower body, core and balance. This class does include floor exercises. Great for the beginner exerciser and for those looking for a gentler cardio class. This class is FREE for YMCA members age 70 and older.

**TOTAL BODY SCULPT**- Maximize your body's fat burning potential by adding strength training to your routine. Burn calories and increase lean muscle mass.

**Y CYCLING**- Burn 300+ calories per class and watch the weight melt away with challenging intervals. Great low impact exercise, upbeat music, and fun socialization will make you come back for more!

**ZUMBA**- ZUMBA routines feature aerobic fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. You do not need to know how to dance.

**DRUMS ALIVE** – This class combines movement with the power of drumming. It's a workout for the entire body as well as a powerful tool for stress reduction and mental balance. Come and experience the joy of music, movement, and rhythm and feel like a rock star!

**WOW- Women on Weights** – This small group training class meets in the weight room and allows for more attention to each person. This class is for healthy women at any level, and can be scaled in difficulty. We will focus on lifting heavier weights, using good form and building strength.

**Kid Active** – Students in grades 4-8, will be lead in a variety of exercises using dumbbells, mats, resistance bands and tubes, stability balls, as well as utilizing their own body weight for exercise.

