

# GROUP EXERCISE CLASS DESCRIPTIONS

## FOR ALL LEVELS

**BARRELATES:** A fun, energetic, workout that fuses techniques from dance, Pilates, and yoga to tone, define and chisel the whole body. Barre is the perfect combination of strength and flexibility with an added cardiovascular element.

**CHAIR YOGA:** An alternative to traditional yoga, Chair Yoga is a method for active older adults who want to build flexibility and balance, ease joints and relieve arthritis pain, using a chair versus a floor mat.

**CRUNCH TIME:** A 15 min ab and cardio class. A quick core blaster to sculpt those abs and get your heart pumping!

**DANCE COMBO:** Come enjoy dancing to up-beat music, while learning body awareness, coordination, rhythm, and stylized jazz and line dance.

**DOWN TO THE CORE:** 15 minutes of core strengthening.

**GENTLE YOGA:** Designed to revitalize the body, relax the mind and reduce stress, this slow moving yoga class synchronizes movement with breath for the perfect mind and body connection.

**HULA HOOP:** Open to all who have hula hooped, those who want to learn or those who just want to have fun! All abilities and levels are welcome.

**KIDS FIT:** Fun, interactive activities for ages 5-10 yrs. Children take part in heart healthy games and exercises in different areas of the Y.

**MODERN DANCE MIX:** A dance mix class that includes: Line Dance, Cha Cha, Bird Lane, Hand Dance, Reggae, Salsa and Square Dance.

**SILVER SNEAKER® CLASSIC:** Increase muscular strength, range of movement and activity for daily living skills in this class. Hand held weights,

elastic tubing with handles and a SilverSneakers® ball are offered for resistance, with the use of a chair if necessary.

**TAI CHI:** Mindful movement practice of exercises and forms to promote health and improve balance, strength and confidence.

**YOGALATES:** Physical, emotional and spiritual wellness, focusing on breathing techniques, mindful meditation and gentle yoga postures.

**ZUMBA:** A fun and effective workout system combining a tough workout with a party like atmosphere. This Latin dance inspired class is an easy to follow calorie burning fitness party.

## LEVEL 1: BEGINNER/INTERMEDIATE

**INTERVELOCITY:** Aerobic conditioning alternated with standing, focusing on upper and lower body strength using a variety of resistance tools.

**SILVER SNEAKER® CIRCUIT:** A class consisting of standing low-impact choreography alternating with standing upper body work using hand held weights, elastic tubing and balls.

## **LEVEL 2: INTERMEDIATE/ADVANCED**

**KICKBOXING:** Class consists of basic kickboxing and sculpting intervals for a total body workout.

**CYCLE + STRENGTH:** A 45 minute combo class, including high intensity cycling intervals and drills for 30 minutes to provide an amazing cardio workout and 7-10 minutes of total upper body or core strengthening. Dumbbells, kettlebells, weighted bars and balls are used to build strength.

**PUMP + TONE:** A workout centered around weight lifting for muscular endurance to sculpt a strong and toned physique.

**SPINNERCISE:** A no-impact cardiovascular workout, led by a motivating instructor, who has a unique musical playlist to burn your calories away.

**TOTAL STRENGTH:** This class focuses on total body conditioning using weights, tubing, body bars and stability balls.

**WEIGHT TRAINING COMBINE:** Combination of weight lifting and cardio using kettlebells, free weights and body-weight resistance. The focus is on proper form and mind/muscle connection for complete sculpting and fat burning.

**BODY BLASTER:** Designed for fitness enthusiasts that want more push, speed and explosion in a workout.

## **LEVEL 3: ADVANCED**

**HIIT (High Intensity Interval Training):** HIIT consists of short, intense anaerobic exercises with less intense recovery periods. These short, intense workouts improve athletic capacity and fat burning. Each class will include various forms of strength and core training.

**BODY SHRED:** High intensity training with loads of high impact cardio and agility exercises for a fun, fat burning workout.

**BOOT CAMP:** An hour of work that includes cardio, weights and abs.

**HEAT:** This class uses exercises to train everyone to perform better in sports and life. Class combines plyometric and athletic drills, sports conditioning, power and strength.

**TABATA:** An interval training cycle class with repeated exercise for a total of 4 minutes per exercise.

**TABATA DRILLS:** High-intensity class designed to push speed and explosion. For the fitness enthusiast who wants "more!"

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