

Class Descriptions:

Ballet Stretch & Tone: This class is suitable for beginner to advanced level participants. The exercises are set to classical music and uses ballet as an inspiration for gentle stretching and toning with a focus on lengthening the muscles. Barre work, center stretches and simple ballet inspired movements will be included. All levels welcome!

Butts-n-Guts: A mat-based exercise class that will target the hips, thighs, abdomen and lower back.

Cardio Kickboxing: Looking to get serious with your cardio workout? Come try cardio kick! We will use boxing inspired moves including a variety of punches and kicks to help tone and shape the muscles of the upper body, hips and legs. Other forms of plyometric and callisthenic and strength exercises may be included. Not suitable for those with severe hip, shoulder or knee injuries.

Dance Fusion: This class is a FUN way to exercise your heart! A combination of Zumba – inspired moves, ballet and other popular dance styles all mixed together for one well-rounded and exciting dance opportunity. Come let loose at the YMCA... don't forget your dancin' shoes!

“EZ” Yoga: Is gentle yoga not gentle enough for you? Try “EZ” yoga. This class is designed for those participants who may find it harder to move and cannot keep up with the “flowing style” found in the fitness and gentle yoga formats. This class will still focus on flexibility and relaxation using deep yoga breathing, but you will have options to use props, such as a chair, and there will be more transition time between poses. Meant for the very beginner yoga participant.

Fitness Yoga: A yoga class that helps to develop both muscular strength and flexibility by holding poses for a longer period of time with shorter rest periods in between. This is a flowing style yoga class that can be modified to fit most fitness levels with modifications given by the class instructor. Blocks and wedges available.

Gentle Yoga: Unlike the Fitness Yoga class, gentle yoga remains very fluid but allows for more rest periods and possibly fewer strength poses, focusing on flexibility. As class participants gain strength, they may be given modifications which will intensify their poses, continuing to build upon muscular strength. All fitness levels welcome.

Low Impact & Strength: An aerobic class that will challenge the heart while remaining kind to the joints. Included in class will be a total body strength training segment for a great overall workout. This class is GREAT for active older adults. All fitness levels welcome.

Stability ball & Strength: This is strength training with the addition of the stability ball to help develop core strength and balance. All fitness levels welcome.

“Steady & Strong”: A 30-minute, twice weekly session designed for those older adults who are seeking to increase their balance and enhance their level of strength for daily living. This class requires registration although the course is FREE for members. Please check with the member service staff for the starting date of the next 6 week session. This class is NOT designed for those actively involved in our current group exercise classes.

Step: An aerobics class based on the STEP. The use of the step is great for strengthening the muscles of the legs and the extra height of the step provides an opportunity for a higher heart rate response versus floor aerobics. All levels welcome, some step experience recommended.

Strength Training: A total body muscle conditioning class with little to no aerobic warm-up. Strengthening exercises begin after a gentle stretch and some limbering exercises. All fitness levels welcome.

Reformer Pilates: This Pilates class uses the Allegro Sport™ reformer (a moveable carriage and pulley system set with tension provided by springs) which allows the body to gain greater strength and control through the practice of this style of exercise. Also improves posture, body awareness and flexibility. The class will last between 45 – 60 minutes. There is an additional fee for attending these classes.

Zumba: This popular Latin-style dance aerobics class is FUN, FUN, FUN! Come let loose at the YMCA and find your inner dancer. All moves are set to energizing latin music. All levels welcome.

For more explanation of the classes listed above, please contact Tracy Cohee, Executive Director at the St. Michaels Family YMCA; 410-745-5963. You may e-mail Tracy or sign up for the e-mail contact list at tjcohee@talbotymca.org.

