

# Descriptions for Land Based Group Exercise Classes

## **Aerobics In Motion (A.I.M.)**

Fun & easy-to-learn dance workout improves cardiovascular, muscular endurance and muscle flexibility. The “dance” routine gradually builds over a series of classes; new participants encouraged to participate. All levels welcome!

## **Body Sculpting & Strength Training**

Increase muscular strength & endurance through specific strength training moves that target all major muscle groups. Improve your muscular definition to create a leaner looking physique. The aerobic warm-up is the only cardiovascular component. Improves bone density, muscular strength and endurance. All levels.

## **Cardio Circuit/AM Cardio/Strength**

FUN & MOTIVATING! Combo of muscular strengthening and cardiovascular exercises including step, hi-lo and cardio kickboxing. (AM Cardio/Strength combines fun low impact “floor” aerobics/basic step and resistance training exercises using bands, tubes and hand weights). Appropriate for participants of all fitness levels!

## **Cardio Kickboxing**

This class will be cardio in nature and may include some circuits of resistance exercises. Majority of workout will consist of punches, jabs, hooks, kicks and blocks all put together in an aerobic format to keep the body moving and heart pumping!

## **Cardio Fusion**

A fun cardiovascular mix ranging from Zumba (Latin style dance moves) step, kickboxing and weight training. All levels welcome. Saturday class is 90-minutes in length.

## **Cardio Tennis**

A great aerobic workout that takes place outside on the tennis courts. you will move through a variety of invigorating tennis drills and agility moves to work on your coordination and timing while strengthening your heart! Tennis equipment used; some equipment may be available at the YMCA.

## **Express Abs**

A short, but complete Abdominal workout packed with fun music, motivation and variety.

## **Group Cycling/Intro to Cycle**

Join this virtual journey of climbing hills, racing through straight-aways, rounding corners, easy cycling on flat land - all levels. Those individuals with low back or knee injuries should first consult their physician prior to taking class. Bike shorts are recommended. Cycling shoes optional. Water bottles mandatory!

## **Low Impact and Strength**

This class combines fun low impact “floor” aerobics and resistance training exercises using bands, tubes and hand weights. Class is ideal for those re-entering the realm of “fitness” or for those active older adults with, or without, arthritis.

## **Step & Basic Step**

Combinations that will invigorate the mind and the body giving you one GREAT workout! All levels welcome! Beginner class designed to move slower so the step moves can be learned at a comfortable pace. Basic Step class is meant to be a platform to instruct the basic moves where the participant may ask for clarification.

## **Zumba/Aqua Zumba**

Latin-Dance based cardiovascular work-out with a variety of dance rhythms (mambo, cha-cha, cumbia, and merengue, hip-hop) Have fun and get fit in this class! Aqua Zumba combines great music & Latin dance rhythms of the popular Zumba dance fitness program with an effective water workout!

## **Stretching 4 Men**

This 30 minute class is for men of all ages who wish to work on improving their flexibility – Class will focus on stretching all major muscle groups and will stress proper stretching techniques. Come join fellow YMCA men and incorporate this essential exercise component into your program!

## **Morning Cardio Combo**

Wake up with this fun, energetic cardio class that combines fun low impact “floor” aerobics and resistance training exercises using bands, tubes and hand weights. This class is appropriate for participants of all fitness levels! Come ready to move and groove!

## **Steady & Strong**

A 30 minute class designed for older adults who are looking to develop better balance & enhanced strength for daily living. Class is located OFF SITE at Londonderry – 700 Port Street!