

TRI-COMMUNITY YMCA CLASS DESCRIPTIONS

ARTHRITIS AQUATIC PROGRAM This class includes range of motion, muscle strengthening and at an optional moderate intensity aerobic component.

BODYBLAST: A non-choreographed class incorporating all aspects of cardiovascular and strength training principles. This class will utilize steps, weights, tubing and other devices to blast your body. (Beginner to Advanced).

BODY WORKS FOR 50+: This fun class consists of Pilates and Core training.

BUTTS & GUTTS: Target and tone legs, hips and glutes while also strengthening core muscles, including lower back and obliques.

CARDIO CHALLENGE: Come and Challenge yourself with a mix of our group exercise classes. Each new session brings an alternating mix up of any and all classes offered. Sure to be different every week.

CORE POWER: Focus on the abdominals, obliques and spinal stabilizers by using stability balls, bands and weights.

FIT AFTER FIFTY: An energetic fun class for individuals 50+ years old. This class includes balance, core flexibility, and cardiovascular training. Mats, chairs, bands, weights and balls are used for this fun and challenging class.

*** FLOW YOGA:** Students should be in good physical condition for this physically demanding class. Not recommended for those recovering from injuries. Seeking meditation in movement, we will flow with the breath from one pose to the next, building heat in the body as we strengthen and stretch our way through a total yoga workout. Expect plenty of sun salutations, moon salutations and innovative posture flows. No yoga experience necessary. Please bring a yoga mat.

H.E.A.T. (High Energy Athletic Training): This class uses non-choreographed exercises to train athletes and non-athletes to perform better in sport & life. Class combines plyometric and athletic drills, sports conditioning exercise, power and strength training. All fitness levels are welcome. Come feel the HEAT!

20/20/20: This class has it all! 20 minutes of cardio to get your heart pumping followed by 20 minutes of strength training for lean, strong muscles. Rounding out the workout will be 20 minutes of core training to strengthen the abs and back. This is a Beginner/Intermediate level class that uses steps, weights, resistance tubing and exercise balls. A great total body workout.

SILVER SNEAKERS® I - Muscular Strength & Range of Movement: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

STEP TIL YOU DROP: A high intensity step aerobics class for all levels. A heart pumping workout sure to make you step until you can't step no more.

STRENGTH IN NUMBERS: Group strength training class. Use weights and body bars in a group exercise setting to a heart pounding beat to achieve maximum pumpitude! Beginner to pro, come and find out why strength training is the most beneficial overall form of exercise.

WATER EXERCISE We emphasize flexibility, relaxation and muscle strength, they are ideal for those with back injuries or joint weakness. We use aqua jogger belts in the deep end, weights, noodles bar bells kick boards and more.

YOGA: This class, which is suitable for all levels of physical fitness, will include breathing exercises, yoga postures and relaxation. This class will stretch & strengthen the entire body as well as help to focus and calm the mind. Students are encouraged to bring a yoga mat or towel.

ZUMBA®: The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

"#" Denotes that registration is recommended for attendance purposes.

"*" Denotes that payment & registration are required for participation.