

GROUP FITNESS CLASS DESCRIPTIONS

Mind & Body

Gentle Yoga: A gentle class designed to introduce the rejuvenating benefits of basic yoga postures and breathing techniques. Recommended for those who are new to yoga and for those wishing to reacquaint themselves with yoga. Enjoy renewed energy, stamina, and freedom of motion in a relaxed and supportive environment. You will gain a solid foundation before moving onto another Yoga class. All levels welcome.

Beginner Yoga: Learn Warriors poses, balance, Sun Salutations and flows with focus on alignment and controlled breathing. Ideal for those new to yoga and those wanting further instructions in core yoga concepts.

Intermediate Yoga: Yoga class that builds upon the concepts in the basic course with the addition of more intricate flows, twists and inversions. Ideal for those with some yoga experience but modifications are provided to increase or decrease difficulty.

Cardio

New! Stroller Fitness: Starts 2/7/18
A stroller-based, full-body workout class, where you can get moving and have fun with your kids in tow! Whether you are newly postpartum, or have been back to exercising for awhile, enjoy the community of other parents while exercising at whichever intensity level is best for you.

Zumba: High energy fusion of Latin dance & hip hop rhythm. Dance-based cardio workout fun for all fitness levels. **Kids Zumba** is an exercise program for kids 5-11 yrs. Your child will learn basic zumba steps, improve coordination and build muscle memory!

Zumba Gold: Introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Great for all ages.

Strength Training

Strength Train Together® will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! Power Up!

Body Conditioning: Work all of the major muscle groups! These high intensity classes emphasize safe and effective movements to gain a strong and sculpted body!

Body Sculpt: This is a full body workout that incorporates cardio and functional fitness moves to improve heart health, strength, balance and core muscles.

Boot Fitness: This 45 minute class includes functional fitness moves, cardio and strength conditioning. All fitness levels are welcome!

NEW Group Cycle Studio

With our new Cycle Studio and Cycle Bikes, we now have the ability to "Coach-By-Color." Our instructors can help you reach your potential with training zones in heart rate and power!

Cycle Express: This 45-minute indoor fitness class is geared towards beginners, at any fitness level. The class focuses on endurance, strength, intervals, high intensity, and recovery, all done on a stationary cycle bike.

Group Cycling: This class is a great way to build cardio endurance while blasting calories – and best of all, doing it at your own pace (you control your intensity!). class with a great, dynamic cardio workout. Classes are for all fitness levels.

NEW CYCLE STUDIO HIGHLIGHTS

- State of the art Life Fitness IC7 Cycle Bikes—the most advanced indoor group cycle bikes nationwide
- ICG's Coach By Color® training system, delivers real-time, color-coded biofeedback to each member, based on five colored training zones: white, blue, green, yellow and red
- Increased instructor visibility for participants with platform stage and lighting
- Three-tiered elevation, enhanced visuals and lightening to maximize your training experience
- Bluetooth 4.0 and ANT+ enabled apps

Healthy Aging

Silversneaker Classic: Move through a variety of exercises designed to increase muscular strength, range of motion and skills required for activities of daily living. Hand-held weights, resistance bands, small balls & chairs.

Silversneaker Circuit: Cardio circuit training is the focus of this class! Combine fun, fitness and friends to increase heart health, muscular endurance and power. Hand-held weights, resistance bands, small balls and chairs for balance are available.

Healthy Aging

55 Circuit: Designed for active 55+ adults. 45 minutes, 3x week. Improve endurance, flexibility, cardiovascular and muscular strength, and balance. Please show up 20 minutes early for orientation.

55 Alive: This class includes low impact aerobics for the active older adult with an emphasis on improving balance, strength, and cardiovascular fitness.

Training Sessions

Personal Training: Individualized training programs created for you by our certified trainers. Fees apply.

Small Group Training: Our trainers will lead your group through a variety of exercises incorporating body weight training, functional training, trx training and more. Draw from the energy of your group as you push yourself for real results. Fees apply.



For questions or assistance for which class is right for you contact: Sally Contreras, Senior Program Director, at sally.contreras@vosymca.org