

GROUP FITNESS CLASS DESCRIPTIONS

Mind & Body	Cardio	Strength Training	Healthy Aging
-------------	--------	-------------------	---------------

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.

HIIT: Train like an athlete in 30 action-packed minutes. Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel and platform- all to challenge you like never before!



Group Cycling: Great, dynamic cardio workout on our non-impact stationary bikes. Carried music is used for rhythm and motivation.

Express Cycle This 45 minute cycle class is geared for beginners.

Zumba: High energy fusion of Latin dance & hip hop rhythm. Dance-based cardio workout fun for all fitness levels. **Zumba Gold** Introduces easy-to-follow **Zumba Gold** Introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Great for all ages.

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!

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.

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 bancs, small balls and chairs for balance are available.

Relax At The Y	Training Sessions	Beginner Martial Arts For All	Fitness for Kids
----------------	-------------------	-------------------------------	------------------

Massage Therapy: Elevate your spirit and relax your mind with our wholesome and healing therapies. Fees apply.

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.

Shotokan Karate: This method of Karate stresses mental discipline and the development of confidence, coordination, timing, balance, concentration, reflexes, flexibility and self control. Ages 7 and up. Fees apply.

Kids Zumba : This class will get your kids moving to fun upbeat music and will challenge every muscle group. Made Just for Kids! Ages 5 -12 years old.

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