



LINCOLN FAMILY Y GROUP FITNESS CLASS DESCRIPTIONS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CARDIO	CARDIO & STRENGTH	STRENGTH TRAINING	FLEXIBILITY & BALANCE
<p>20/20/20 Three workouts in one! The 20/20/20 class is designed to give you the ultimate challenge and total body workout. Sweat through 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching and core work.</p>	<p>ACTIVE TOGETHER gives you all the fitness training you need---cardio, strength, balance and flexibility—in just one hour. Get stronger, fitter and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movements.</p>	<p>STRENGTH TRAIN TOGETHER will blast your muscles with a high-rep weight training workout. Using an adjustable barbell, weighted plates and body weight, this workout 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 your personal best.</p>	<p>BALANCE & FLEX TOGETHER will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.</p>
<p>CYCLE is a class on a uniquely designed stationary bike that simulates road biking. Every fitness level welcome. Your instructor will ensure you are set up correctly on your bike. Ride on!</p>	<p>BOOT CAMP is a circuit style class that combines cardio, strength, and speed for a heart pumping workout that will bring your fitness to the next level!</p>	<p>CORE FOCUS TOGETHER trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, will help prevent back pain and strengthen your abs. Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel and a platform—all to challenge you like never before.</p>	<p>TAI CHI QIGON is the ancient art of healing and relaxation. An effective way to alleviate chronic pain, reduce stress, lubricate joints and fortify your immune system.</p>
<p>ZUMBA. Ditch the workout, join the party! Zumba is a dynamic, exciting and effective dance fitness workout done to high-energy fusion of Latin and international music. No dance skills needed.</p>	<p>CIRCUIT TRAINING is a circuit style, low-impact, fast-paced class that combines strength and cardio to give you a low-impact way to get your heart pumping and get you in shape.</p>	<p>TOTAL BODY CONDITIONING is designed to tone your whole body! Expect a variety of exercises to target every muscle group and perhaps some cardio to slim down and tone up.</p>	<p>YOGA classes feature detailed alignment instruction and an emphasis on strength building to promote healthier, more resilient muscles. Classes are appropriate for both beginners and more experienced participants. Class style and format will vary by instructor.</p>
ACTIVE OLDER ADULTS	AQUA FITNESS		
<p>SILVER SNEAKERS CLASSIC. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.</p>	<p>WATER FITNESS will get you going with energetic, non-impact movements in the pool. Special equipment can be used to increase resistance and cardio conditioning.</p>	<p>BODY SCULPT is designed to tone your whole body! Expect a variety of exercises to target every muscle group.</p>	