

Leeward YMCA Class Descriptions

<p style="text-align: center;">TOTAL BODY CONDITIONING</p> <p>(All Levels) *AOA welcome</p> <p>This class is a total body workout incorporating hand weights, bands, balls and your own body weight as resistance. It is a workout targeting all of the major muscle groups including the abdominals and the major muscles of the back. The goal is to incorporate core and functional strength. An increase in lean muscle, increase in bone density, and a decrease of body fat can be expected with consistent attendance.</p>	<p style="text-align: center;">VINYASA YOGA</p> <p>(All Levels) *AOA welcome</p> <p>Yoga means to “bring together” or unite. This yoga class uses gentle poses to improve upon posture “asana”, strength, flexibility and mental focus. You will learn different poses while moving in a fluid flow .Focus on the breath (ohm) for relaxation brings together the connection of the mind, body & spirit</p>	<p style="text-align: center;">H2O</p> <p>(All Levels) *AOA welcome</p> <p>This non-weight bearing, low impact exercise & resistance class is especially good for anyone recovering from an injury or beginning. Aqua bells, noodles and other swim equipment may be used.</p> <p>Non swimmers welcomed! Our pool is heated and only 5ft. deep with lifeguard on duty.</p>	<p style="text-align: center;"><u>STRETCH & RELAX</u></p> <p>(All) *AOA Welcome</p> <p>This class incorporates basic stretching techniques to increase muscular flexibility, improve joint range of motion and alleviate overall stress & tension. Exercise balls or other props may be used.</p> <p>RELAX: will use similar techniques, while focusing more on deeper meditation and relaxation.</p>
<p style="text-align: center;"><u>STEP INTERVAL</u></p> <p>A basic step class alternating with intervals of strength work, drills or plyometrics to create a total body workout. Resistance bands, dumbbells are used.</p>	<p style="text-align: center;"><u>PILATES I/ II</u></p> <p>(Check schedule for levels) *AOA welcome</p> <p>This beginner to intermediate class on the mat will help Improve core strength, balance and flexibility. Exercises will be demonstrated and explained by the instructor.</p>	<p style="text-align: center;"><u>ASHTANGA YOGA</u></p> <p>This intermediate to advance class involves synchronizing the breath with a progressive series of postures to provide and intense heat and detoxify muscles and organs. The result is improved circulation and a strong body.</p>	<p style="text-align: center;"><u>SALSAEROBICS</u></p> <p>This low impact aerobic workout is inspired by latin dance styles like: salsa, merengue, rumba, samba, cha-cha and many more. You will have a great time While improving cardio -vascular fitness.</p>
<p style="text-align: center;"><u>HI-LO</u></p> <p>*AOA Welcomed</p> <p>Traditional aerobic workout. By traveling on the floor while Repeating choreographed Movements you will increase Your heart rate and improve Cardiovascular fitness. Abdominal work and stretch finishes this great workout.</p>	<p style="text-align: center;"><u>KICKBOXING (TURBOKICK STYLE)</u></p> <p>Kick, punch, block, strike and bust a move. This energetic class is inspired by martial arts, dance and boxing. A turbokick class includes 45 minutes of cardiovascular work, endurance, abs and a final cool down.</p>	<p style="text-align: center;"><u>RESISTANCE TRAINING</u></p> <p>All strength and toning Exercises for a complete Body workout. Resistance bands and weights will be used. Great for those new to weight training.</p>	<p style="text-align: center;"><u>CIRCUIT TRAINING</u></p> <p>*AOA welcomed</p> <p>This class will take thru our full body circuit training equipment located in our Healthy start room. The instructor will alternate between the strength and cardio machines to maximize calorie burning.</p>
<p style="text-align: center;"><u>STEP</u></p> <p>A choreograph workout using the step. Students will learn basic step terminology and have a great time stepping.</p>	<p style="text-align: center;"><u>Cycling</u></p> <p>This cardiovascular interval Workout will take you on a Ride with our stationary bikes. Students will race, go up and down hills while inspired by music and the instructors motivation.</p>	<p style="text-align: center;"><u>TAEKWONDO</u></p> <p>This Korean martial arts is great for overall fitness, discipline and self defense. Children 4 and over welcomed. All kids must be part of a family membership plan..</p>	<p style="text-align: center;"><u>TAI CHI</u></p> <p>*AOA welcomed</p> <p>This ancient discipline combines agile steps, joint safe exercise and mental strength to improve mobility, breathing and relaxation.</p>

AOA * Active Older Adults / Always consult your physician before stating any fitness program.
 Questions? Comments? Please contact our Healthy Lifestyles Director. Check our website: www.ymcahonolulu.org

