

# CLASS DESCRIPTIONS

*Please consult your physician before starting any new fitness exercise. Please choose the appropriate level class that meets your experience and current activity level. Listen to your body and stay well hydrated! If you have any other questions please contact Kathy Lohman at [klohman@ymcahonolulu.org](mailto:klohman@ymcahonolulu.org) or 951-1331. You can also visit our website at [www.ymcahonolulu.org](http://www.ymcahonolulu.org). \*AOA— these classes are ideal for our members who are 55+*

## AOA (Active Older Adults)

**AOA Low Impact 1:** for our members 55+- a half hour low intensity cardiovascular class with easy to follow choreography.

**AOA Conditioning:** for our members 55+- this class covers balance training, strength and flexibility using resist-a-ball, bands, and weights. Slightly more advance than Silver&Fit®.

**Sit & Get Fit Yoga Stretch:** Seated and standing yoga postures designed to increase flexibility, balance and range of movement. Restorative breathing and relaxation exercises promote stress reduction and mental clarity. Chair provided for stability while doing poses.

**Silver&Fit®: Level 2 - Moderately active older adults.** Focus on increasing flexibility, joint stability, dynamic balance, coordination, muscular strength and cardiovascular endurance. Strengthening exercises using resistance bands & dumbbells are partnered with various cardio walks, and agility and reaction time exercises. Participants can start in a seated position and progress to standing if desired.

## AQUATICS

**H2O:** Ideal for those wanting a less weight bearing, low impact exercise that uses water as resistance. Ideal for anyone recovering from injuries or whom may have any physical limitations. Use of aqua bells and noodles. T-shirt cover ups are acceptable. Aqua shoes/gloves are optional. Bring water bottles. **ALL levels. AOA**

**Aqua Zumba:** Bringing the Zumba Party to the POOL!! All of the fun & challenging choreography of Zumba combined with the low-impact & high-resistance of water exercise. **(ALL)**

## CARDIO CLASSES

**Boot Camp:** A combination of kicking/punching drills, jump rope, football, basketball, track drills, core training, plyometrics and strengthening. Expect creative and intense exercises to thoroughly work your body in a simple to follow format. **Intermediate Level**

**High/Low:** A combination of impact and non impact aerobics, toning, and stretching, with modifications for beginners. Learn correct technique and become familiar with basic moves.

**Low Impact:** Level I- non-impact, low intensity class with easy to follow choreography.

Level II- non-impact, high intensity with more complex choreography.

**STEP:** Level 1- Power movements and hot choreography for the upmost in step training.

Level II- faster paced classes with complex choreography.

**Step Express:** a half hour step workout.

**Turbo Kick:** pre-choreographed kickboxing classes that are taught the same by each instructor. Low impact but high intensity, fun and easy to follow. **ALL levels**

## INDOOR CYCLING

Non-impact, high-energy cardio ride on stationary bikes, simulating a road bike workout to music. **Mon- Moderate Intervals, Wed- Hill simulation, Fri-Steeper Climbs.**

## MIND/BODY

**Hatha Yoga:** Focus on the breath for relaxation brings together the connection of the mind, body & spirit. Improve posture, alignment & balance. **All levels.**

**Stretch, Strengthen & Balance:** 3 A's of yoga-Attitude, alignment, action. Poses focus on stretching muscles and connective tissue, and building strength for a balance foundation.

**Ashtanga:** Synchronizing breath with a high energy flowing series of postures. **Intermediate level.**

**Vinyasa Yoga:** This unique, high energy, flowing yoga will link the breath with movement. Students will be introduced to the set sequence of postures that is performed at a reduced pace and stress level. **Intermediate Level**

**Pilates:** Improve core strength, posture to and overall body awareness.

Advanced Level - More advanced moves, faster pace, and less focus on theory.

**Tai Chi for Arthritis:** Certified by Arthritis Foundation. Especially suitable for people with arthritis as well as entry level participants. Easy to learn exercises to help increase mobility, and has special healing and relaxation abilities. **AOA**

**Taiji for Health & Wellness:** Introduction to some general concepts and principles utilized in Taiji practice. Forms and workout regimens from Yang, Sun, and Chen styles will be presented.

**Traditional Sun Style Taijiquan:** Profound study into correct methods of postural alignment, unified body use and coordinated movement. Adult— all levels

## SPECIALTY FORMATS

**NIA:** this interpretive dance cardio class combines yoga, martial arts, jazz, ballet, etc. into its unique and uplifting format. **ALL levels**

**Line Dancing:** Come learn new and fun dances every week. It's a great way to just get moving! **ALL levels. AOA**

**Muve:** Structured improvisational dance; explore movement possibilities, loosen joints; rhythms from around the world **All levels. AOA No experience required.**

**ZUMBA:** Fusion of Latin dance (Salsa, Merengue, Cumbia) and aerobics. Great Fun!

**ZUMBA GOLD:** Easier pace for Active Older Adults (AOA). Join the Party!

**ZUMBA TONING:** Zumba circuit training with light weights. Dance & tone.

**STREET JAMZ:** Hip-hop style Fitness-dance that will have you grooving & sweating.

Easy to follow along from the first class. Individually modify to high, low, med impact

**HULA AEROBICS:** Blends rythems of Hawaii & Polynesia into cardio exercise. Low impact, fun & easy to follow. **ALL LEVELS.**

## STRENGTH/FUNCTIONAL TRAINING

**BOSU Circuit:** BOSU (Both Sides Up) balance trainer can be used with the platform side up or down for different exercise and fitness levels. Expect a total body workout through constant core stability and balance challenge. **ALL levels with modifications, as many moves are intermediate.**

**BURN I:** An endurance training class using bands and hand weights.

**BURN II:** Uses bar/plate system focusing on improving strength; more complex moves

**GUT CUT:** Abdominal training focusing on surface muscles using the step, fit ball & floor. Lower back exercises are also incorporated. **All levels.**

## CLASS ETIQUETE

1. Classes are a group activity, please follow the instructor's routine.
2. **Please be on time. Entering a class in progress is not recommended and in some cases not allowed.**
3. Novice cyclist should arrive 5 minutes early for set-up instructions.
4. Be considerate of other members' exercise space. Please do not crowd a member who has arrived in class before you.
5. Please do not enter the studio before the current class has finished.
6. Please wear fully covered athletic shoes and appropriate exercise attire.
7. Water must be in an enclosed, unbreakable container. Food is not permitted.
8. Cell phones should be turned off or on silent mode.
9. Please bring a towel to class- PROVIDED AT LOCKER DESK.
10. Return all equipment to the proper storage area.

