

Leeward YMCA Class Descriptions

<p><u>TOTAL BODY CONDITIONING</u> (All Levels) *AOA welcome 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.</p>	<p><u>VINYASA YOGA</u> (All Levels) *AOA welcome 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 .</p>	<p><u>H2O</u> (All Levels) *AOA welcome 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 used.</p>	<p><u>STRETCH & RELAX</u> (All) *AOA Welcome This class incorporates basic stretching techniques to increase muscular flexibility, improve joint range of motion and alleviate overall stress & tension.</p>
<p><u>DANCE CORE</u> 30 Minutes of pilates core work. Followed by a dance routine that Will make you sweat and burn.</p>	<p><u>ZUMBA</u> Latin inspired dance fitness class that creates a dynamic, exciting and effective workout! JOIN THE PARTY!</p>	<p><u>KIDS DANCE</u> Basic dance technique and fun drill for children. Kids will learn all forms of dance from classical to hip/hop.</p>	<p><u>PARENT TOD DANCE</u> This class will incorporate both parent and child. Help your toddler learn how to stretch, find rhythm in music, learn their first jumps, hops, skips, and other fun skills.</p>
<p><u>STEP INTERVAL</u> 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><u>PIYO</u> *AOA welcome This class blends basic yoga with pilates, dance and sports conditioning. Strength, balance, flexibility and mind and body connection are keys elements in every piyo class.</p>	<p><u>ASHTANGA YOGA</u> 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><u>SALSAEROBICS</u> 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><u>HI-LO</u> *AOA Welcomed 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><u>KICKBOXING (TURBOKICK STYLE)</u> 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. Kickboxing Intro – Basic slower Paced for beginners.</p>	<p><u>RESISTANCE TRAINING</u> 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><u>CIRCUIT TRAINING</u> *AOA welcomed 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><u>STEP</u> A choreograph workout using the step. Students will learn basic step terminology and have a great time stepping.</p>	<p><u>Cycling</u> 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><u>TAEKWONDO</u> 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><u>TAI CHI</u> *AOA welcomed Often called “moving meditation”, is a series of slow movements and relaxed breath. Improve your balance, posture, range of motion and flexibility clarity and relaxation with this healthful form of exercise.</p>
<p><u>SILVER AND FIT</u> This class is for our active older adults looking for a fun complete workout. Cardiovascular and toning exercises in a motivating social atmosphere.</p>	<p><u>WARRIOR FITNESS</u> A hard core athletic circuit that includes weight training, core work, boxing, wrestling and cardio. <u>This class is not recommended for members under 18 or seniors.</u></p>		

