

# Windward YMCA Group Exercise Class Descriptions (Winter 2010)

**B2T2 – BUFF BICEPS / TONE TRICEPS** This 20 minute express class focuses on arm & upper body strength/toning exercises – a great start or end to your workout!!

**BUTT & GUTS** (*All*) Focusing primarily on the core muscles – abdominals, lower back, hips, glutes, and thighs – this 30-min. class is a great compliment to any exercise program or a challenge on it's own.

**BLAST:** Similar to B&G, this 45-min.class includes upper-body exercises for a total-body workout.

**CCC** (*All*) Challenge yourself with this high-intensity cardio class that combines a variety of exercises and formats to increase your overall muscular endurance and core strength...a great way increase stamina & overall cardio

**HI-LO/HI-LO CIRCUIT** (*AOA/All*) This class combines traditional high intensity/impact moves with low impact options for those desiring less jumping or joint impact. The circuit format incorporates exercises for specific muscles groups throughout the class.

**H2O** (*All*) A non-weight bearing, low impact exercise & resistance class is especially good for anyone recovering from an injury or beginning an exercise program. Aqua bells, noodles and other equipment may be used.

**H2O Arthritis** (*AOA/All*) Arthritis Foundation PACE Certified Instructors lead this exercise class through gentle movements that help increase flexibility, mobility and range of motion.

**H2O FIT** A higher-intensity work-out incorporating deep- water training. This class offers a great cross-training option to compliment any land workout.

**PILATES** (*All*) This mat class consists of introductory through intermediate level exercises with thorough explanation and demonstration. Through a precise Pilates workout; one will see marked improvement in strength, balance, flexibility, muscle tone and posture.

**PURE STEP** (*ALL*) This classic cardio class combines the high-intensity challenge of step with enjoyable and easy-to-follow choreography. Taking it back to “Old School” Fitness with a “New School” approach!!

## **SILVER & FIT** (*AOA*)

**S&F I** -A upbeat 30-min.chair class that focuses on functional strength training & cardio exercises utilizing various pieces of equipment...perfect for the beginning active adult exerciser.

**S&F II** Designed for moderately active to active older adults, this 45-min.class alternates cardio exercises with total body muscle strengthening exercises – specifically designed to improve agility and core strength.

**S&F III** This higher-intensity class is for the very active older adult exerciser – alternating total body strengthening exercises with various agility cardio exercises that improve quick navigation & motion in all directions.

**TBS ~ Total Body Sculpt** (*All*) This resistance class uses both barbells & dumbbells to give your body the complete muscular toning and strengthening challenge it needs...followed by CCC for an overall hard-core-body workout!!

## **YOGA**

**ASTANGA**(*Advanced*) Our most advanced yoga class that incorporates physically challenging flowing movements and breath work. Expect power moves, quicker transitions.

**GENTLE YOGA STRETCH** (*All*) Focusing on a more gentle yoga flow series to reduce stress and achieve a peaceful & relaxed state of mind and body.

**HATHA & SUNRISE YOGA** (*All*) Emphasis on building strength and flexibility through breath and by following restorative & rejuvenating sequences. This class will improve posture, alignment and balance.

**KUPUNA YOGA** (*AOA*) Geared towards our Active Older Adult members, this class incorporates all of the aspects of our basic yoga classes, with special attention to balance, mobility and flexibility. Chairs may be used in this class.

**VINYASA YOGA FLOW** (*Beg/Int*) This class is a continuation of several principles of yoga; combining elements of hatha – linking breath - and power moves, flexibility and holding of poses.

**ZUMBA**(*ALL*) A cardio-fusion dance class that gets your feet moving, hips swinging, and whole body groovin'. Combining the latin dance movements of Salsa, Merengue, Samba and other international rhythms with a cardio-burning, high-energy workout party! *Come Zumba!!*

**ZUMBA GOLD** (*AOA/Beg*) The same fun & exciting format of original Zumba with more breakdown and modifications for our Active Older Adults, Beginners and other special populations.

**ZUMBA /STRETCH** (*All*) Combining the rocking, party-like atmosphere of Zumba with a relaxing, stress-reducing 30-min. stretch for a FABULOUS Spirit/Mind/Body Workout!