

Windward YMCA Group Exercise Class Descriptions (2012)

BUTT & GUTS (*All*) Focusing primarily on the core muscles – abdominals, lower back, hips, glutes, and thighs – this popular 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 complete express workout.

“THE DRILL” (*All*) Are you ready for some insanity?? Then “The Drill” is for you! With short bursts of high intensity cardio mixed with a total-body, strength circuit in a “boot camp-style” format, you’ll be sure to sweat and enjoy it!

HI-LO/CIRCUIT/INTERVAL (*AOA/All*) This class combines traditional high intensity & low impact moves – giving options for those desiring less jumping or joint impact. The circuit format also incorporates exercises for specific muscle groups.

HOT HULA (*All*) This new fusion class isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, glutes, quads and arms. Inspired by the dances of the Pacific Islands, HOT HULA incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats resulting in a modern, hip fitness workout. No Dance Experience Necessary!! Please bring a pareo or sarong...shoes optional.

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/Beg*) 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.

PIYO (*All*) This fusion class is designed to build strength & gain flexibility through moves that fit perfectly together to form a workout with intense choreography that’s fun, challenging and will make you sweat. Think sculpted abdominals, increased overall core strength, and greater stability.

STEP & SCULPT (*ALL*) This classic cardio class combines the high-intensity challenge of step with enjoyable and easy-to-follow choreography and weight-bearing, strength training movements...it’s “Old-Skool,” but it works!!

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.

TBC ~ Total Body Conditioning (*All*) This cardio-interval class challenges you to give your body the complete muscular endurance and cardio strengthening work out it needs.

Y PUMP (*All*) If you want a more tone & strong body, this is the class for YOU!! Utilizing both barbells & dumbbells to achieve a more balanced and defined body, this class is a fabulous new addition to anyone’s fitness routine!!

YOGA - ASTANGA YOGA (*Adv*) Our most advanced yoga class that follows a specific series of poses/postures & incorporates physically challenging flowing movements, with breath work. Expect power moves, quicker transitions.

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/Beg*) 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 and see what all the EXCITEMENT is about!!*

AQUA ZUMBA (*All*) 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....a great way to exercise!

ZUMBATOMIC (*Kids 4-12 yrs*) The excitement of Zumba mixed with the energy of a child...just FABULOUS!!

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

ZUMBA TONING / ZUMBA GOLD TONING (*All*) Combining the rocking, party-like atmosphere of Zumba with a dumbbell, strength-based, total-body workout...a match made in “Fitness Heaven!!”