

## HAMILTON AREA YMCA GROUP EXERCISE DESCRIPTIONS rev. 1/3/25

**ADVANCED Kickboxing** - Build your core, flexibility and overall strength in this total body workout while learning the foundations of Muy Thai kickboxing. - one on one sparring and applying the techniques to self- defense.

**Cardio Step** - This aerobics class is a full body cardio workout that consists of choreographed step patterns. Challenge your mind and body as you burn calories. The intensity of your workout will be determined by the speed, travel, and execution of your movements.

**Cardio and Strength** - This class is designed to improve your cardiovascular system while building your strength and endurance. This class includes intervals of body weight exercises, circuit training, standing cardio, and finishes with core training and stretching for a complete workout.

**Chair Yoga** - Enjoy the many benefits of yoga in this 45-minute class that promotes relaxation and concentration while performing yoga postures on a chair. This is a low-impact class.

**Chisel** - Tone and sculpt your body using weights to target all the major muscle groups. This class is your total body resistance workout with a focus on proper form and technique.

**Circuit Training** – A challenging mix of a cardio warm up, followed by resistance training, weight training, agility training, stability balls, stretching, and a variety of moves.

**Core and More** - Abdominal work mixed with classic Pilates movements to help create muscle definition in the abdomen and give a sense of overall balance and strength. Weights, bands, or rings may be used to emphasize control and assist you to do the exercise correctly as well as challenge your body awareness.

**Cycle** – This high-energy class will be sure to build strength and cardio endurance while burning fat! The instructor will keep you motivated and cued throughout the entire class which consists of a warm-up, climbing and strength drills, sprint/speed intervals with a cool down and stretch.

**Funky Fitness** - A low impact cardio dance class that incorporates moves with music from the 50's through today's hits.

**Gentle Fitness** - This class incorporates low impact cardio and a variety of equipment from light weights, resistance bands with handles, and more. Designed to increase muscular strength, range of motion and activities for daily living. Exercises can be performed while seated on chairs or standing up.

**Gentle Yoga** - Gentle Yoga is a mind-body awareness practice that is far less strenuous than other forms. This relaxed version of yoga emphasizes mental relaxation through a series of slow yoga flows, stretches and poses. This class focuses on balance, joint flexibility and strength.

**Hatha Yoga** - This class will guide you through slower movements that develops strength, flexibility, and a connection between, body, mind & breath. Postures are held a little longer for a deeper understanding of the postures & basic alignment in the body, breathing, and relaxation techniques.

**Insanity®** -Combines Strength and Bodyweight Training with HIIT to Get You In Great Shape.

**Kick & Sculpt** - Combination of cardio kickboxing & interval training followed by a half hour of strength training. This uses body bars and dumbbells. Punch, kick and lift your way to a stronger you.

**Light Weight Workout** – An introductory program that utilizes dumbbell weights (1-5lbs) with emphasis on proper technique and safety. Exercises will be performed while seated on chairs or standing up.

**Line Dance** - This choreographed dance program is intended for all audiences and provides a well-rounded exercise experience while having fun with a group of friends.

**Move with Motion-** This class will incorporate the foundational movements that influence everyday activities. Each movement is slow, gentle and linked with breath. Balance and core are crucial. This is for everybody looking to increase their range of motion, flexibility, and master their independence.

**Muscle Mix** - Muscle Mix is a total body muscle conditioning class that utilizes dumbbells, bands and more to work all your major muscle groups. Each class has a full body focus with a balance of strength and cardiovascular work.

**Pilates** – This class will be conducted on the floor on a mat utilizing Pilates rings, balls or yoga balls to strengthen the body's core muscle groups. Pilates is designed to strengthen, lengthen and align the body and place an emphasis on proper breathing during the exercises.

**Shape Up** – This program consists of low impact aerobics for cardiovascular conditioning combined with mat work to firm up the hips, thighs, buttocks and abdominals.

**SoulBody Barre** - A challenging blend of core strength, muscle endurance, and all over body toning set to great beats to motivate the participant. Expect a full-body work out with the use of light weights and mat work.

**SoulBody Yoga Sculpt** - A yoga infused workout with yoga poses, cardio surges and sculpting work with light weights. It's low-impact while building endurance and promoting mindfulness through yoga that we all know and love!

**Stability Ball & Strength** – This class will focus on a full body strength and toning workout using the stability ball and barbells, plates and dumbbells.

**Step** - This aerobics class consists of basic to intermediate choreographed step patterns while using a step or just following the movements without a step at your own pace. The intensity of your workout will be determined by the speed, travel, and execution of your movements.

**Stretch & Flex** - A stretching and mobility-based session to help improve functional capacity, better recovery and injury prevention. Learn how to correctly activate and control important stabilizing muscles and execute efficient movement while getting supple and energized. A great way to relax and increase your flexibility.

**Tai Chi** - A mind-body exercise which gently exercises all joints and muscles. Tai Chi helps relieve stress and tension, and improve your balance, coordination and posture.

**Intermediate Tai Chi** – This class continues through the initial forms, push hands, Chi Kung & self-defense.

**Tap** - This class will help you to improve your balance, stamina and coordination while having fun learning basic tap steps and dance routines.

**TRX Circuit class** – This class is a full body workout that allows you to move through a variety of strength and cardio stations utilizing various functional training equipment such as kettlebells, barbells etc.

**Vinyasa Yoga** - Vinyasa (flow) Yoga is a blend of yoga breathing, seated and standing flows, energize the body and calm the mind. This practice improves physical strength, flexibility and balance while relieving stress and anxiety.

**Walk and Weights:** Alternating between strength training (using body weight, dumbbells, and bands) and walking

**Wellness Center Cardio and Strength-** Designed for participants to build cardio endurance, enhance muscle development and strength. Uses bikes, treadmills, ellipticals, and stair master. Muscle development and strength will be accomplished by utilizing machines, free weights, cables and dumbbells while emphasizing proper form and technique. Emphasis will be on upper and lower body major muscle groups such as triceps, biceps, shoulders, back, chest, core, legs, quadriceps, hamstrings, glutes and calves.

**Zumba** - Exercise has never been so fun! This exciting, easy to follow cardio dance class combines high energy and booty shaking Latin music. This class will make you feel like you are partying on the dance floor.