

## HAMILTON AREA YMCA GROUP EXERCISE DESCRIPTIONS rev. 2/26/26

**Balance & Core-** Using light weights with a combination of bodyweight exercises, resistance training and core-focused movements, you will improve your balance and condition your core for better stability and posture.

**Barre Fusion-** This low-impact, high-intensity workout combines elements of ballet, Pilates, yoga and light weights. It focuses on strengthening and toning muscles through small, controlled movements. Low weight and high repetition.

**Cardio Step** - 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** - Improves your cardiovascular system while building your strength and endurance. 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** – Builds strength and cardio endurance while burning fat! The instructor will keep you cued throughout the entire class which consists of warm-up, climbing and strength drills, sprint/speed intervals with a cool down and stretch.

**Full Body Burn** - A total body strength and conditioning class using light weights and high repetitions to build muscular endurance and core stability. Steady, endurance-based strength work challenges both muscles and stamina for a powerful full-body burn.

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

**Gentle Fitness** - Light weights, resistance bands w/ handles & more. Designed to increase muscular strength, range of motion and activities for daily living. Exercises can be performed while sitting 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.

**Hatha Yoga** - Slow movements that develop strength, flexibility, & a connection between body, mind & breath. Postures are held longer for a deeper understanding of 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. Can be performed while sitting 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.

**More Is Better TRX** - More strength. More sweat. More support. MORE IS BETTER is a high-energy, full-body TRX Circuit class designed for those who believe progress happens when you show up, lift heavy, and push together. Move through a series of challenging strength and cardio stations using TRX, barbells, kettlebells, and other functional training tools. Each station is built to test your power, endurance, and grit—while keeping the workout fun, fast-paced, and scalable for all levels.

**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** – Floor class on a mat using Pilates rings, balls or yoga balls to strengthen the body’s core muscle groups. Pilates is designed to strengthen, lengthen and align the body & place an emphasis on proper breathing during exercises.

**Pilates Fusion**- This is a full body workout that fuses the best of Pilates, with an emphasis on increased strength and flexibility movements using light weights, balls and bands to tone and strengthen the entire body.

**Power Pedal** - High-energy workout that fuses the intensity of indoor cycling with the strength-building benefits of resistance bands. This class is designed to boost cardiovascular endurance while sculpting and strengthening the upper body and core—all in one motivating session.

**Power & Grit** - Designed to build total-body strength, endurance, and confidence in a supportive YMCA community. This class blends weightlifting, functional movements, and cardio intervals into a dynamic workout that challenges you while meeting you where you are.

**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 Restore** - Gently warms the body with light yoga flows, creates mobility through dynamic stretching, enhances flexibility through static stretching and uses the foam roller to release tension.

**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** - 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.

**Step & Weights**- Cardio step class followed by upper body weight training. This class will elevate the heart rate and improve cardiovascular fitness! All levels welcome and basic stepping patterns can be performed on or off the step.

**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.

**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.

**Vinyasa Yoga** - Vinyasa Yoga is a blend of yoga breathing, seated and standing flows, energizing the body and calming 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, bands and walking.

**Wellness Center Cardio and Strength**- Builds cardio endurance, enhances muscle development and strength. Uses bikes, treadmills, ellipticals, and stair master. Machines, free weights, cables and dumbbells are used while emphasizing proper form and technique.

**Yogilates**- Combination of core strengthening (Pilates) breathing and poses (Yoga) to improve flexibility, balance, mindfulness and overall fitness.

**Zumba** - 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.