

## HAMILTON AREA YMCA GROUP EXERCISE DESCRIPTIONS rev. 10/6/22

**Basic Mat Pilates** – This Pilates class will provide instruction on how to properly perform Pilates exercises. The exercises will, for the most part, be conducted on the floor on a mat. Pilates is designed to strengthen, lengthen and align the body and place and emphasis on proper breathing during the exercises.

**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.

**Circuit Training** – A challenging 45-minutes of an exciting 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.

**Cardio Step** – This 30 minute express class is a low impact but high intensity class that uses basic step and floor moves set to a heart pumping cardio tempo! Every move can be performed with or without using a step. Come join the fun in this full body workout and simultaneously improve your cardiovascular strength and endurance. Modifications offered.

**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.

**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.

**Cycle & Core** – Abdominal work mixed with a high-energy cycle routine. Build strength and cardio endurance while burning fat.

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

**Gentle Fitness** – This class incorporates low impact cardio (can be done seated or standing) 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 will 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 breathing instruction and slow yoga stretches and poses. This course will focus on balance, joint flexibility and strength.

**Guided Meditation**– Escape your busy day and learn ways to relax your mind and body, develop positive energy, and gain a new tool to deal with stress, anxiety and problems.

**Insanity®** –Combines Strength And Bodyweight Training With HIIT To Get You In Great Shape.

**Kick & Sculpt** – Combination of kick boxing and step aerobics. Strengthen your whole body with this exhilarating. Stress-relieving class that incorporates high intensity cardio followed by strength training using body bars and dumbbells. Punch, kick and lift your way to a stronger you.

**Kickboxing** – Build your core, flexibility and overall strength in this total body workout while learning the foundations of Muay Thai kickboxing. (Gloves not provided – please bring your own)

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

**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** – For those looking for a challenging workout this class will provide exercises on floor mats utilizing Pilates rings to strengthen the body's core muscle groups. Strengthen the fore muscles of the abdomen, back, buttocks and thighs. Gain a better understanding of the Pilates philosophy while improving posture and body alignment.

**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, Abs and Glutes** – This class will focus on strength and toning exercises designed to help strengthen your core and lower body fat. Improve muscular strength in upper and lower abdominals as well as the lower back and body using your body weight and the stability ball.

**Step and Abs** – This class is an excellent total body workout. In one hour you will have fun learning basic cardio routines on the step as well as targeting your abdominals and lower body to help tone and strengthen key areas.

**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 integrates slow, intentional movements with breathing, mindfulness, and imagery. It gently exercises all joints and muscles of the body and is ideal for people of all levels of physical conditioning. Tai Chi may help relieve stress and tension, and improve your balance, coordination and posture.

**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 (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

**Zumba** – Ditch the workout and join the party- 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.

**Zumba Toning** – A Latin inspired dance fitness class with extra emphasis on toning and sculpting. Lightweight maraca-like toning sticks are used to enhance your sense of rhythm and coordination, while toning target zones, including arms, core and lower body.