

## **CHASCO FAMILY YMCA GROUP EXERCISE CLASS DESCRIPTIONS**

### **CARDIO CLASSES**

#### **BODY COMBAT**

This fiercely energetic program is inspired by martial arts and draws from a wide variety of disciplines. Driving music and great instructors will help you strike, punch, and kick your way through calories to superior cardio fitness. Body Combat is a **LesMills** licensed program. 1hr.

#### **STEP INTERVAL**

An intermediate to advanced level class combining “intervals” of high intensity cardio, steady state, and recovery. Class usually ends with abs and a stretch. Designed to push the heart rate in and out of the aerobic and anaerobic zones. 1hr.

#### **RPM**

Indoor cycling on specially designed bikes simulating riding positions and terrain used in outdoor cycling. Great music, varied terrain, and the ability to burn up to 800 calories per class!!!!!!!!!!!!!! Definitely the ride of your life!!!! 50 minutes. RPM is a licensed program – you must be present and on your bike **prior to** the start of the warm up or there is not admittance. 50 min.

**BEGIN TO RPM** This 30 minute class will teach you everything you need to know to make you successful in RPM. The class will begin with fundamentals such as bike set up and proper positions then move into an actual ride. It is a great class for members who have never rpm'd or those who aren't quite ready for a 50 minute ride. No entry allowed once class has started. Please bring a water bottle and a towel.

#### **BODYSTEP**

Is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body. BodyStep is a **LesMills** licensed program. 1 hr.

#### **SILVERSNEAKERS® CARDIO CIRCUIT:**

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. upper body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered of support, stretching and relaxation exercises. 45 min.

#### **ZUMBA**

This awe inspiring, heart racing, muscle pumping Latin inspired class is a great time that gets great results.....including high calorie burn, awesome core work, great music, and cool moves. If you want to have fun and get your workout on too, this is the class for you! 1 hr

### **NON-CARDIO CLASSES**

#### **AB/LAB**

This class provides a much needed abdominal and lower back workout for every fitness level. 15 min.

#### **YOGA**

A “mind, body” class involving slow movements and “postures”. Develops discipline, strength, balance and flexibility. All classes are multi level. A limited number of mats are available for your use. We recommend you bring your own. 1 hr 15 min.

#### **POWER YOGA**

This vigorous class uses deep breathing and flowing movements to invigorate, detox and heal the mind and body. Prepare for some challenging sequences and an overall great workout building core strength, flexibility, balance and endurance. Beginners are welcome. We recommend you bring your own yoga mat. 1 hr.

#### **BODY PUMP**

Body Pump is the fastest way to get in shape, build lean muscle and change your body!!!!!! This easy to follow workout utilizes a barbell and interchangeable weights to work every muscle group. Burn up to 600 calories per class – Body Pump is a licensed program so only Body Pump equipment can be used and you must be present and set up **prior to** the start of the music or there is no admittance. 1 hr.

**BODY PUMP TECHNIQUE CLASS** This 30 minute class will review all of the fundamentals of positions, weight selection, structure of class and give you some time to practice. This is a great intro for new pumpers or those that need to brush up on technique.

#### **JUST WEIGHTS**

This free weight class focuses on several different muscle groups per class. Come learn and practice the fundamentals of weight training: proper form, sets, reps, and exercises for specific muscle groups. Includes 15 minute of abs at the beginning of each class. No music. 1 hr.

#### **PILATES BASIC**

This class is for those new to Pilates. We recommend that you start with this class to familiarize yourself with the concepts and core exercises. This class is designed to focus on the “powerhouse muscles” while lengthening and strengthening. Pace is a bit slower than the Pilates Extra class. 1 hr.

#### **PILATES XTRA**

This class is for those already familiar with the Pilates Basics and standard mat exercises. This class moves at a faster pace and incorporates the use of equipment to move your program to the next level. 1 hr.

#### **SILVERSNEAKERS® MUSCULAR STRENGTH:**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support. 45 min.

#### **SILVERSNEAKERS® YOGASTRETCH:**

Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. 45 min.