

## **Taylor Family YMCA**

### **Group Exercise Class Descriptions**

#### **CARDIO CLASSES**

**ZUMBA:** is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. 1 hr.

**Step:** Aerobics performed in a choreographed routine by stepping up onto and down from a portable platform. Short ab session performed at the end of class

**Spin:** Indoor cycling on specially designed bikes simulating riding positions and terrain used in outdoor cycling. Heart rate monitors are recommended and new participants should arrive early prior to class to get set up.

#### **NON CARDIO CLASSES**

**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. You must be present at the start of class – absolutely no admittance after the warm-up. 1 hr.

**Body Pump Express:** Body Pump Express is a shortened version of the original class in which we eliminate 2 tracks - the bicep and tricep tracks - we are still achieving maximum calorie expenditure during squats, chest, back and lunges, and your biceps and triceps are still assisting throughout the class. This is an effective workout that gets you out a little quicker.

**Core & More:** This is a 15 minute class format that focuses on glutes and core intensive exercises.

**Yoga:** A “mind, body” class involving slow movements and “postures”. Develops discipline, strength, balance and flexibility. Class is performed on a mat on the floor. 1 hr.

**Ashtanga Yoga (Power Yoga):** This class is a powerful sequence of hatha yoga postures. The benefits of practicing this routine are to build strength, increase flexibility & a strong cardio workout. You will need a towel and it is HIGHLY recommended to use your own yoga-mat. 1 hr.

**Senior Supremes:** A low impact fitness class focusing on improving range of motion, strength, flexibility, balance, agility, coordination and cardiovascular health. 1 hr.

#### **SilverSneakers® Muscular Strength & Range of Movement**

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.