

Twin Lakes Family YMCA Group Exercise Class Descriptions

CARDIO CLASSES

Cycling: This is an indoor/outdoor cycling class using different levels of resistance to take participants through different terrains and intensities. (Space is limited. Please arrive 10 minutes early for bike set up. Water bottle and towel recommended.) 45 min

Cardio Sculpt: A cardio class designed for a total body workout that includes cardio exercise to optimize muscle development, weights, and dynamic movement. 60 min

Interval Training: This cardio class will utilize interval training throughout the workout. The class may include step, hi/lo, kickboxing drills, circuit training, and/or weights to train both the aerobic and anaerobic systems. 60 min

RPM: This is an indoor cycling class based on outdoor riding. You ride to inspirational music over the equivalent of 20-25 kilometers of varied terrain, controlling the intensity of your workout with a resistance dial and pedal speed. 50min

Step: Complete cardio step aerobic class that incorporates varying levels of step combinations. This class may include a 15 minute abdominal workout. 60 min

Core Conditioning- This class is a combination of Core, Strength and Balance movements that will improve your everyday life. 60min

Step & Sculpt: No frills, just drills. This circuit training class will work you! Agility, strength, and endurance will be pushed to the limit while you use mostly your own body weight to burn calories and fat. Designed to increase cardio and muscular endurance, this class is open to all fitness levels. 60 min

Kickboxing: A one hour class that includes choreographed martial arts kicks, punches, and jabs. This class is designed to get your heart rate up and tone your body. 60 min

Line Dancing: A low impact aerobic line dance class for all participants levels. This class builds physical stamina and mental alertness while dancing to country western music.

ZUMBA: A fun & energizing workout combining easy to follow dance moves with Latin rhythm sure to keep you coming back for more.

STRENGTH TRAINING / FLEXIBILITY CLASSES

Ab Lab:

This class will focus on strengthening the core muscles. 15 min

Body Pump:

This is an original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Move to the beat of great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

Body Sculpt:

An anything goes muscling toning class that includes free weights, lunges, squats, and abdominal work. 60min

Core & More:

This challenging class utilizes stability balls, dumbbells and resistance bands to take you to the next level in developing a powerhouse core and long, lean muscles! 60 min

Power Zone:

A non-stop total body weight training class that utilizes a barbell & other free weight systems to sculpt the body and increase muscular strength. 45-60 min

Pilates:

A fluid combination of Pilates movements that is well designed to elongate your body and strength your core. 60 min

Hatha Yoga: A class designed to align the body and mind, using correct posture and controlled breathing to increase muscle tone and flexibility 90 min **Yoga:** This class will improve muscular balance and strength while performing various Yoga postures. 60 min

Yoga: Yoga is a practical aid, not a religion. Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit.

Yoga for Beginners: A 30 Minute introduction into yoga. This will give you a base to begin a safe & effective journey into Yoga.

Yoga Flow: A vigorous, fitness-based approach to Yoga.